

Metompkin Inlet, VA - Jan 1988

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:21	4.0	6:30	2.7			12:44	0.2	7:17	4:54	
2	Sat	7:06	4.1	7:14	2.7	12:18	-0.2	1:28	0.1	7:17	4:54	
3	Sun	7:49	4.1	7:57	2.8	1:02	-0.3	2:07	0.1	7:17	4:55	
4	Mon	8:31	4.1	8:39	2.8	1:44	-0.3	2:44	0.1	7:17	4:56	
5	Tue	9:12	4.1	9:21	2.9	2:25	-0.3	3:21	0.2	7:17	4:57	
6	Wed	9:51	4.0	10:02	2.9	3:04	-0.2	3:57	0.2	7:17	4:58	
7	Thu	10:30	3.9	10:43	2.9	3:45	-0.1	4:34	0.3	7:17	4:59	
8	Fri	11:08	3.7	11:25	3.0	4:27	0.1	5:12	0.4	7:17	5:00	
9	Sat	11:47	3.5			5:11	0.3	5:50	0.4	7:17	5:01	
10	Sun	12:08	3.0	12:27	3.3	5:59	0.5	6:30	0.4	7:17	5:01	
11	Mon	12:55	3.1	1:11	3.1	6:51	0.6	7:13	0.4	7:17	5:02	
12	Tue	1:46	3.2	2:01	2.9	7:47	0.7	7:59	0.4	7:17	5:03	
13	Wed	2:42	3.4	2:58	2.8	8:47	0.7	8:50	0.3	7:17	5:04	
14	Thu	3:41	3.7	3:57	2.7	9:49	0.6	9:45	0.1	7:16	5:05	
15	Fri	4:40	4.0	4:56	2.8	10:52	0.4	10:43	-0.2	7:16	5:06	
16	Sat	5:37	4.3	5:52	2.9	11:52	0.1	11:41	-0.5	7:16	5:07	
17	Sun	6:32	4.6	6:47	3.1			12:47	-0.2	7:15	5:08	
18	Mon	7:26	4.8	7:41	3.3	12:37	-0.9	1:39	-0.5	7:15	5:10	
19	Tue	8:19	5.0	8:35	3.5	1:31	-1.1	2:29	-0.7	7:14	5:11	
20	Wed	9:10	5.0	9:28	3.7	2:24	-1.3	3:18	-0.8	7:14	5:12	
21	Thu	10:00	4.8	10:20	3.8	3:18	-1.3	4:06	-0.9	7:13	5:13	
22	Fri	10:49	4.5	11:13	3.8	4:12	-1.1	4:54	-0.8	7:13	5:14	
23	Sat	11:38	4.1			5:09	-0.8	5:43	-0.7	7:12	5:15	
24	Sun	12:06	3.8	12:28	3.6	6:09	-0.5	6:33	-0.5	7:12	5:16	
25	Mon	1:03	3.7	1:21	3.1	7:11	-0.1	7:24	-0.3	7:11	5:17	
26	Tue	2:03	3.6	2:18	2.7	8:16	0.2	8:18	-0.1	7:11	5:18	
27	Wed	3:08	3.5	3:21	2.5	9:24	0.4	9:14	0.0	7:10	5:19	
28	Thu	4:13	3.5	4:24	2.4	10:34	0.5	10:12	0.1	7:09	5:20	
29	Fri	5:14	3.6	5:21	2.4	11:39	0.4	11:08	0.0	7:08	5:22	
30	Sat	6:06	3.6	6:11	2.5			12:31	0.4	7:08	5:23	
31	Sun	6:52	3.7	6:55	2.6	12:00	-0.1	1:12	0.3	7:07	5:24	