

Metompkin Inlet, VA - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:48	3.2	3:02	2.7	8:48	0.9	8:53	0.5	7:17	4:54	
2	Mon	3:43	3.4	3:56	2.7	9:46	0.8	9:42	0.4	7:17	4:55	
3	Tue	4:36	3.6	4:49	2.7	10:43	0.7	10:33	0.3	7:17	4:56	
4	Wed	5:27	3.9	5:40	2.8	11:38	0.5	11:24	0.0	7:17	4:57	
5	Thu	6:16	4.2	6:28	2.9			12:28	0.3	7:17	4:58	
6	Fri	7:04	4.4	7:17	3.1	12:14	-0.2	1:16	0.0	7:17	4:58	
7	Sat	7:52	4.6	8:05	3.2	1:03	-0.5	2:02	-0.2	7:17	4:59	
8	Sun	8:39	4.8	8:54	3.4	1:52	-0.7	2:48	-0.4	7:17	5:00	
9	Mon	9:26	4.8	9:43	3.5	2:40	-0.9	3:33	-0.5	7:17	5:01	
10	Tue	10:13	4.7	10:33	3.6	3:31	-0.9	4:20	-0.6	7:17	5:02	
11	Wed	11:01	4.4	11:25	3.7	4:24	-0.7	5:07	-0.6	7:17	5:03	
12	Thu	11:49	4.1			5:20	-0.5	5:56	-0.5	7:17	5:04	
13	Fri	12:19	3.7	12:40	3.7	6:20	-0.3	6:47	-0.5	7:16	5:05	
14	Sat	1:17	3.8	1:35	3.3	7:23	-0.1	7:40	-0.4	7:16	5:06	
15	Sun	2:19	3.8	2:36	2.9	8:30	0.1	8:35	-0.3	7:16	5:07	
16	Mon	3:25	3.8	3:41	2.7	9:39	0.2	9:33	-0.3	7:15	5:08	
17	Tue	4:31	3.9	4:44	2.6	10:49	0.2	10:33	-0.3	7:15	5:09	
18	Wed	5:31	4.0	5:43	2.6	11:54	0.1	11:32	-0.4	7:15	5:10	
19	Thu	6:26	4.0	6:35	2.7			12:48	0.0	7:14	5:11	
20	Fri	7:16	4.1	7:23	2.8	12:25	-0.5	1:34	-0.1	7:14	5:12	
21	Sat	8:01	4.1	8:08	2.9	1:14	-0.6	2:14	-0.1	7:13	5:14	
22	Sun	8:43	4.1	8:51	3.0	1:58	-0.6	2:52	-0.1	7:13	5:15	
23	Mon	9:22	4.0	9:33	3.1	2:40	-0.6	3:27	-0.1	7:12	5:16	
24	Tue	10:00	3.9	10:13	3.2	3:21	-0.4	4:02	-0.1	7:11	5:17	
25	Wed	10:38	3.7	10:54	3.2	4:02	-0.2	4:37	0.0	7:11	5:18	
26	Thu	11:15	3.5	11:35	3.2	4:45	0.0	5:13	0.2	7:10	5:19	
27	Fri	11:53	3.2			5:29	0.2	5:51	0.3	7:09	5:20	
28	Sat	12:18	3.2	12:34	3.0	6:17	0.5	6:31	0.4	7:09	5:21	
29	Sun	1:05	3.2	1:19	2.7	7:08	0.7	7:15	0.5	7:08	5:22	
30	Mon	1:57	3.2	2:11	2.6	8:04	0.8	8:04	0.5	7:07	5:23	
31	Tue	2:55	3.3	3:10	2.5	9:03	0.9	8:58	0.4	7:06	5:25	