

Metompkin Inlet, VA - May 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:20	4.0	5:51	4.1	11:21	0.1	11:51	0.0	6:06	7:52	
2	Tue	6:16	4.0	6:45	4.5			12:13	-0.2	6:05	7:53	
3	Wed	7:10	4.0	7:38	4.9	12:52	-0.4	1:03	-0.5	6:04	7:54	
4	Thu	8:02	3.9	8:29	5.1	1:49	-0.6	1:52	-0.7	6:03	7:55	
5	Fri	8:53	3.8	9:20	5.2	2:43	-0.7	2:41	-0.8	6:01	7:56	
6	Sat	9:44	3.7	10:11	5.2	3:36	-0.7	3:29	-0.7	6:00	7:57	
7	Sun	10:35	3.5	11:03	5.0	4:27	-0.6	4:18	-0.6	5:59	7:57	
8	Mon	11:25	3.3	11:54	4.7	5:20	-0.3	5:09	-0.3	5:58	7:58	
9	Tue			12:17	3.2	6:14	0.0	6:04	0.0	5:57	7:59	
10	Wed	12:47	4.3	1:10	3.0	7:10	0.3	7:01	0.3	5:56	8:00	
11	Thu	1:41	4.0	2:07	2.9	8:07	0.5	8:01	0.6	5:55	8:01	
12	Fri	2:39	3.7	3:09	2.9	9:02	0.7	9:03	0.7	5:55	8:02	
13	Sat	3:38	3.5	4:11	3.0	9:53	0.8	10:04	0.8	5:54	8:03	
14	Sun	4:35	3.3	5:07	3.2	10:39	0.8	11:03	0.8	5:53	8:04	
15	Mon	5:26	3.2	5:55	3.5	11:21	0.7	11:57	0.8	5:52	8:04	
16	Tue	6:12	3.2	6:37	3.8			12:01	0.6	5:51	8:05	
17	Wed	6:54	3.2	7:17	4.0	12:46	0.6	12:40	0.5	5:50	8:06	
18	Thu	7:36	3.2	7:57	4.2	1:30	0.5	1:19	0.4	5:50	8:07	
19	Fri	8:16	3.2	8:38	4.4	2:10	0.4	1:57	0.4	5:49	8:08	
20	Sat	8:58	3.2	9:19	4.5	2:50	0.3	2:36	0.3	5:48	8:09	
21	Sun	9:39	3.2	10:00	4.5	3:30	0.3	3:16	0.3	5:47	8:10	
22	Mon	10:21	3.2	10:43	4.5	4:11	0.3	3:56	0.3	5:47	8:10	
23	Tue	11:03	3.2	11:27	4.5	4:54	0.4	4:40	0.3	5:46	8:11	
24	Wed	11:48	3.2			5:40	0.4	5:27	0.4	5:45	8:12	
25	Thu	12:13	4.4	12:35	3.2	6:29	0.5	6:19	0.5	5:45	8:13	
26	Fri	1:01	4.3	1:28	3.2	7:19	0.5	7:18	0.5	5:44	8:13	
27	Sat	1:54	4.2	2:26	3.4	8:11	0.4	8:20	0.5	5:44	8:14	
28	Sun	2:50	4.0	3:28	3.6	9:03	0.3	9:25	0.5	5:43	8:15	
29	Mon	3:50	3.8	4:30	4.0	9:56	0.1	10:30	0.3	5:43	8:16	
30	Tue	4:50	3.7	5:29	4.3	10:48	-0.1	11:35	0.1	5:42	8:16	
31	Wed	5:49	3.6	6:25	4.7	11:42	-0.2			5:42	8:17	