

Metompkin Inlet, VA - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:21	3.1	7:58	4.8	1:27	0.1	1:09	-0.3	5:44	8:27	
2	Sun	8:14	3.2	8:50	4.8	2:21	0.0	2:02	-0.4	5:44	8:27	
3	Mon	9:06	3.2	9:39	4.8	3:10	-0.1	2:52	-0.4	5:45	8:27	
4	Tue	9:55	3.3	10:26	4.6	3:55	-0.1	3:41	-0.3	5:45	8:27	
5	Wed	10:43	3.3	11:11	4.4	4:39	0.0	4:28	-0.2	5:46	8:27	
6	Thu	11:29	3.3	11:53	4.2	5:22	0.1	5:15	0.1	5:47	8:27	
7	Fri			12:14	3.4	6:03	0.3	6:03	0.3	5:47	8:26	
8	Sat	12:35	3.9	12:59	3.4	6:44	0.4	6:53	0.6	5:48	8:26	
9	Sun	1:17	3.6	1:46	3.4	7:24	0.6	7:45	0.9	5:48	8:26	
10	Mon	2:01	3.3	2:36	3.4	8:05	0.7	8:39	1.0	5:49	8:25	
11	Tue	2:49	3.1	3:29	3.5	8:48	0.8	9:34	1.2	5:50	8:25	
12	Wed	3:41	2.9	4:24	3.6	9:33	0.8	10:30	1.2	5:50	8:25	
13	Thu	4:36	2.8	5:17	3.8	10:21	0.8	11:27	1.1	5:51	8:24	
14	Fri	5:31	2.8	6:09	4.0	11:12	0.7			5:52	8:24	
15	Sat	6:22	2.9	6:58	4.3	12:22	1.0	12:03	0.6	5:52	8:23	
16	Sun	7:11	3.1	7:45	4.5	1:13	0.8	12:54	0.3	5:53	8:23	
17	Mon	7:59	3.2	8:32	4.7	1:59	0.6	1:44	0.1	5:54	8:22	
18	Tue	8:47	3.4	9:18	4.9	2:44	0.3	2:31	-0.1	5:55	8:22	
19	Wed	9:34	3.6	10:03	4.9	3:27	0.1	3:19	-0.2	5:55	8:21	
20	Thu	10:22	3.8	10:49	4.9	4:10	0.0	4:08	-0.3	5:56	8:20	
21	Fri	11:11	3.9	11:34	4.7	4:54	-0.1	4:59	-0.2	5:57	8:20	
22	Sat			12:00	4.1	5:39	-0.2	5:53	-0.1	5:58	8:19	
23	Sun	12:21	4.4	12:51	4.2	6:25	-0.2	6:51	0.1	5:58	8:18	
24	Mon	1:09	4.1	1:45	4.3	7:14	-0.1	7:52	0.3	5:59	8:18	
25	Tue	2:02	3.7	2:44	4.3	8:05	0.0	8:56	0.5	6:00	8:17	
26	Wed	3:00	3.3	3:48	4.3	9:00	0.1	10:04	0.6	6:01	8:16	
27	Thu	4:04	3.1	4:54	4.4	9:57	0.1	11:13	0.6	6:02	8:15	
28	Fri	5:09	2.9	5:57	4.4	10:58	0.1			6:02	8:14	
29	Sat	6:12	3.0	6:56	4.5	12:20	0.5	11:59 AM	0.0	6:03	8:13	
30	Sun	7:09	3.1	7:49	4.6	1:19	0.4	12:57	-0.1	6:04	8:12	
31	Mon	8:01	3.2	8:37	4.6	2:09	0.3	1:50	-0.2	6:05	8:12	