

Metompkin Inlet, VA - Nov 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:48	4.5	10:05	3.3	3:03	0.6	3:55	0.8	6:27	5:04	
2	Thu	10:30	4.4	10:45	3.2	3:42	0.7	4:39	0.9	6:28	5:03	
3	Fri	11:13	4.3	11:30	3.1	4:24	0.8	5:27	1.1	6:29	5:02	
4	Sat			12:00	4.2	5:11	0.9	6:19	1.1	6:30	5:01	
5	Sun	12:20	3.0	12:53	4.1	6:07	1.0	7:13	1.1	6:31	5:00	
6	Mon	1:18	3.1	1:50	4.1	7:08	0.9	8:08	0.9	6:33	4:59	
7	Tue	2:21	3.3	2:51	4.1	8:12	0.8	9:01	0.7	6:34	4:58	
8	Wed	3:25	3.6	3:50	4.1	9:17	0.6	9:53	0.4	6:35	4:57	
9	Thu	4:24	4.0	4:46	4.1	10:20	0.3	10:44	0.0	6:36	4:56	
10	Fri	5:18	4.5	5:39	4.1	11:22	0.0	11:34	-0.3	6:37	4:55	
11	Sat	6:11	5.0	6:31	4.1			12:20	-0.3	6:38	4:54	
12	Sun	7:02	5.3	7:23	4.0	12:24	-0.6	1:15	-0.5	6:39	4:53	
13	Mon	7:53	5.4	8:14	3.9	1:12	-0.7	2:08	-0.6	6:40	4:52	
14	Tue	8:45	5.5	9:05	3.7	2:02	-0.8	3:00	-0.5	6:41	4:52	
15	Wed	9:38	5.3	9:57	3.5	2:51	-0.7	3:54	-0.3	6:42	4:51	
16	Thu	10:31	5.0	10:50	3.3	3:43	-0.5	4:48	0.0	6:43	4:50	
17	Fri	11:24	4.7	11:45	3.2	4:37	-0.2	5:46	0.2	6:44	4:50	
18	Sat			12:19	4.3	5:35	0.1	6:44	0.4	6:45	4:49	
19	Sun	12:43	3.0	1:16	3.9	6:36	0.4	7:41	0.6	6:46	4:48	
20	Mon	1:46	3.0	2:16	3.6	7:40	0.7	8:35	0.7	6:47	4:48	
21	Tue	2:52	3.1	3:14	3.4	8:43	0.8	9:23	0.7	6:48	4:47	
22	Wed	3:52	3.2	4:08	3.3	9:45	0.8	10:07	0.6	6:49	4:47	
23	Thu	4:43	3.5	4:55	3.2	10:42	0.8	10:48	0.6	6:50	4:46	
24	Fri	5:26	3.7	5:38	3.2	11:33	0.7	11:27	0.5	6:52	4:46	
25	Sat	6:06	4.0	6:19	3.2			12:18	0.6	6:53	4:45	
26	Sun	6:45	4.2	6:59	3.2	12:05	0.4	12:58	0.5	6:54	4:45	
27	Mon	7:25	4.3	7:40	3.2	12:43	0.3	1:37	0.4	6:55	4:45	
28	Tue	8:05	4.4	8:20	3.2	1:22	0.2	2:15	0.4	6:56	4:44	
29	Wed	8:47	4.4	9:01	3.2	2:01	0.2	2:55	0.4	6:56	4:44	
30	Thu	9:28	4.4	9:43	3.1	2:40	0.2	3:36	0.5	6:57	4:44	