

## Metompkin Inlet, VA - Dec 1989

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Fri | 10:10 | 4.4 | 10:26 | 3.1 | 3:21  | 0.3  | 4:19  | 0.5  | 6:58                                                                                | 4:44 |    |
| 2    | Sat | 10:53 | 4.3 | 11:11 | 3.1 | 4:04  | 0.3  | 5:05  | 0.6  | 6:59                                                                                | 4:43 |    |
| 3    | Sun | 11:38 | 4.2 |       |     | 4:53  | 0.4  | 5:54  | 0.6  | 7:00                                                                                | 4:43 |    |
| 4    | Mon | 12:00 | 3.1 | 12:27 | 4.1 | 5:48  | 0.5  | 6:43  | 0.5  | 7:01                                                                                | 4:43 |    |
| 5    | Tue | 12:55 | 3.2 | 1:19  | 3.9 | 6:48  | 0.5  | 7:34  | 0.4  | 7:02                                                                                | 4:43 |    |
| 6    | Wed | 1:55  | 3.4 | 2:17  | 3.7 | 7:51  | 0.5  | 8:25  | 0.2  | 7:03                                                                                | 4:43 |    |
| 7    | Thu | 2:57  | 3.7 | 3:17  | 3.6 | 8:56  | 0.4  | 9:18  | 0.0  | 7:04                                                                                | 4:43 |    |
| 8    | Fri | 3:58  | 4.1 | 4:16  | 3.5 | 10:02 | 0.2  | 10:11 | -0.3 | 7:05                                                                                | 4:43 |    |
| 9    | Sat | 4:56  | 4.5 | 5:14  | 3.4 | 11:06 | 0.0  | 11:05 | -0.5 | 7:05                                                                                | 4:43 |    |
| 10   | Sun | 5:51  | 4.8 | 6:09  | 3.4 |       |      | 12:06 | -0.3 | 7:06                                                                                | 4:43 |    |
| 11   | Mon | 6:45  | 5.0 | 7:03  | 3.4 |       |      | 1:03  | -0.4 | 7:07                                                                                | 4:44 |    |
| 12   | Tue | 7:39  | 5.1 | 7:56  | 3.4 | 12:52 | -0.9 | 1:56  | -0.5 | 7:08                                                                                | 4:44 |   |
| 13   | Wed | 8:31  | 5.1 | 8:48  | 3.3 | 1:44  | -1.0 | 2:47  | -0.5 | 7:08                                                                                | 4:44 |  |
| 14   | Thu | 9:23  | 4.9 | 9:39  | 3.3 | 2:35  | -0.9 | 3:38  | -0.4 | 7:09                                                                                | 4:44 |  |
| 15   | Fri | 10:13 | 4.7 | 10:30 | 3.2 | 3:26  | -0.7 | 4:28  | -0.3 | 7:10                                                                                | 4:44 |  |
| 16   | Sat | 11:02 | 4.4 | 11:21 | 3.1 | 4:18  | -0.5 | 5:18  | -0.1 | 7:11                                                                                | 4:45 |  |
| 17   | Sun | 11:50 | 4.0 |       |     | 5:11  | -0.2 | 6:07  | 0.1  | 7:11                                                                                | 4:45 |  |
| 18   | Mon | 12:12 | 3.0 | 12:38 | 3.7 | 6:06  | 0.2  | 6:55  | 0.3  | 7:12                                                                                | 4:46 |  |
| 19   | Tue | 1:06  | 3.0 | 1:27  | 3.3 | 7:04  | 0.5  | 7:41  | 0.4  | 7:12                                                                                | 4:46 |  |
| 20   | Wed | 2:03  | 3.0 | 2:19  | 3.0 | 8:02  | 0.7  | 8:26  | 0.5  | 7:13                                                                                | 4:46 |  |
| 21   | Thu | 3:00  | 3.1 | 3:13  | 2.8 | 9:01  | 0.8  | 9:10  | 0.5  | 7:13                                                                                | 4:47 |  |
| 22   | Fri | 3:55  | 3.3 | 4:06  | 2.7 | 10:00 | 0.8  | 9:56  | 0.5  | 7:14                                                                                | 4:47 |  |
| 23   | Sat | 4:46  | 3.5 | 4:57  | 2.7 | 10:56 | 0.8  | 10:42 | 0.4  | 7:14                                                                                | 4:48 |  |
| 24   | Sun | 5:32  | 3.7 | 5:44  | 2.7 | 11:47 | 0.7  | 11:28 | 0.3  | 7:15                                                                                | 4:48 |  |
| 25   | Mon | 6:17  | 3.9 | 6:28  | 2.8 |       |      | 12:32 | 0.5  | 7:15                                                                                | 4:49 |  |
| 26   | Tue | 7:01  | 4.1 | 7:12  | 2.9 | 12:13 | 0.1  | 1:14  | 0.4  | 7:16                                                                                | 4:50 |  |
| 27   | Wed | 7:44  | 4.2 | 7:56  | 3.0 | 12:56 | 0.0  | 1:54  | 0.3  | 7:16                                                                                | 4:50 |  |
| 28   | Thu | 8:27  | 4.3 | 8:39  | 3.0 | 1:39  | -0.2 | 2:35  | 0.2  | 7:16                                                                                | 4:51 |  |
| 29   | Fri | 9:09  | 4.4 | 9:22  | 3.1 | 2:21  | -0.2 | 3:16  | 0.1  | 7:16                                                                                | 4:52 |  |
| 30   | Sat | 9:51  | 4.4 | 10:07 | 3.2 | 3:04  | -0.3 | 3:57  | 0.0  | 7:17                                                                                | 4:52 |  |
| 31   | Sun | 10:33 | 4.3 | 10:50 | 3.3 | 3:49  | -0.2 | 4:40  | 0.0  | 7:17                                                                                | 4:53 |  |