

Metompkin Inlet, VA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:14	4.2	11:37	3.4	4:37	-0.2	5:22	-0.1	7:17	4:54	
2	Tue			12:00	3.9	5:30	-0.1	6:09	-0.1	7:17	4:55	
3	Wed	12:29	3.5	12:49	3.6	6:28	0.1	6:58	-0.1	7:17	4:56	
4	Thu	1:26	3.7	1:44	3.3	7:31	0.2	7:50	-0.2	7:17	4:56	
5	Fri	2:28	3.8	2:45	3.1	8:36	0.2	8:45	-0.3	7:17	4:57	
6	Sat	3:32	4.0	3:49	2.9	9:44	0.2	9:44	-0.4	7:17	4:58	
7	Sun	4:36	4.2	4:52	2.9	10:51	0.0	10:44	-0.5	7:17	4:59	
8	Mon	5:37	4.4	5:52	2.9	11:55	-0.1	11:43	-0.7	7:17	5:00	
9	Tue	6:34	4.5	6:48	3.0			12:53	-0.3	7:17	5:01	
10	Wed	7:28	4.6	7:41	3.1	12:39	-0.9	1:44	-0.5	7:17	5:02	
11	Thu	8:19	4.6	8:32	3.2	1:32	-1.0	2:32	-0.5	7:17	5:03	
12	Fri	9:07	4.5	9:21	3.3	2:22	-1.0	3:16	-0.5	7:17	5:04	
13	Sat	9:52	4.3	10:08	3.3	3:10	-0.9	3:59	-0.5	7:16	5:05	
14	Sun	10:35	4.1	10:53	3.3	3:58	-0.7	4:41	-0.3	7:16	5:06	
15	Mon	11:16	3.7	11:38	3.3	4:46	-0.4	5:22	-0.2	7:16	5:07	
16	Tue	11:58	3.4			5:35	0.0	6:03	0.0	7:15	5:08	
17	Wed	12:24	3.2	12:41	3.1	6:25	0.3	6:45	0.2	7:15	5:09	
18	Thu	1:13	3.2	1:28	2.8	7:18	0.6	7:29	0.3	7:15	5:10	
19	Fri	2:06	3.2	2:20	2.6	8:14	0.8	8:15	0.4	7:14	5:11	
20	Sat	3:04	3.2	3:16	2.4	9:11	0.9	9:06	0.5	7:14	5:12	
21	Sun	4:02	3.3	4:13	2.4	10:11	0.9	9:58	0.4	7:13	5:13	
22	Mon	4:57	3.5	5:06	2.5	11:08	0.8	10:51	0.2	7:13	5:14	
23	Tue	5:47	3.7	5:56	2.7	11:59	0.6	11:42	0.0	7:12	5:15	
24	Wed	6:34	4.0	6:43	2.9			12:44	0.4	7:11	5:17	
25	Thu	7:19	4.2	7:28	3.1	12:30	-0.2	1:26	0.1	7:11	5:18	
26	Fri	8:02	4.3	8:13	3.3	1:16	-0.5	2:07	-0.1	7:10	5:19	
27	Sat	8:44	4.4	8:58	3.5	2:01	-0.6	2:47	-0.3	7:09	5:20	
28	Sun	9:26	4.4	9:43	3.7	2:46	-0.7	3:27	-0.4	7:09	5:21	
29	Mon	10:09	4.3	10:29	3.8	3:33	-0.7	4:09	-0.5	7:08	5:22	
30	Tue	10:52	4.1	11:17	3.9	4:23	-0.6	4:52	-0.5	7:07	5:23	
31	Wed	11:38	3.8			5:16	-0.4	5:39	-0.5	7:06	5:24	