

Metompkin Inlet, VA - Apr 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:28	4.4	1:52	3.0	7:51	0.1	7:48	0.0	6:47	7:24	
2	Mon	2:32	4.1	2:58	2.8	8:57	0.4	8:54	0.2	6:46	7:25	
3	Tue	3:44	3.9	4:12	2.8	10:04	0.5	10:03	0.2	6:44	7:26	
4	Wed	4:56	3.7	5:22	3.0	11:09	0.5	11:11	0.2	6:43	7:27	
5	Thu	5:59	3.7	6:20	3.2			12:05	0.4	6:41	7:28	
6	Fri	6:50	3.7	7:07	3.5	12:14	0.1	12:51	0.2	6:40	7:29	
7	Sat	7:33	3.6	7:48	3.7	1:07	0.0	1:30	0.1	6:38	7:30	
8	Sun	8:12	3.6	8:27	3.9	1:53	-0.1	2:05	0.1	6:37	7:31	
9	Mon	8:49	3.6	9:04	4.1	2:34	-0.2	2:38	0.0	6:35	7:32	
10	Tue	9:26	3.5	9:42	4.2	3:12	-0.1	3:12	0.1	6:34	7:33	
11	Wed	10:04	3.4	10:21	4.2	3:50	-0.1	3:46	0.1	6:32	7:33	
12	Thu	10:42	3.3	11:00	4.2	4:27	0.1	4:21	0.3	6:31	7:34	
13	Fri	11:20	3.2	11:40	4.1	5:06	0.3	4:58	0.4	6:30	7:35	
14	Sat			12:00	3.0	5:48	0.5	5:39	0.6	6:28	7:36	
15	Sun	12:22	3.9	12:41	2.9	6:33	0.8	6:23	0.7	6:27	7:37	
16	Mon	1:08	3.8	1:27	2.8	7:22	0.9	7:14	0.9	6:25	7:38	
17	Tue	1:59	3.7	2:20	2.8	8:14	1.0	8:10	0.9	6:24	7:39	
18	Wed	2:55	3.7	3:20	2.9	9:09	1.0	9:10	0.8	6:23	7:40	
19	Thu	3:55	3.7	4:22	3.1	10:03	0.9	10:12	0.6	6:21	7:41	
20	Fri	4:53	3.8	5:20	3.5	10:55	0.6	11:13	0.4	6:20	7:42	
21	Sat	5:48	3.9	6:14	4.0	11:46	0.3			6:19	7:43	
22	Sun	6:40	4.0	7:05	4.4	12:13	0.0	12:35	0.0	6:17	7:44	
23	Mon	7:30	4.1	7:55	4.9	1:10	-0.3	1:23	-0.4	6:16	7:44	
24	Tue	8:20	4.1	8:45	5.2	2:04	-0.6	2:10	-0.6	6:15	7:45	
25	Wed	9:10	4.0	9:36	5.3	2:57	-0.8	2:58	-0.8	6:13	7:46	
26	Thu	10:01	3.9	10:28	5.3	3:49	-0.8	3:46	-0.8	6:12	7:47	
27	Fri	10:53	3.7	11:21	5.1	4:42	-0.7	4:37	-0.7	6:11	7:48	
28	Sat	11:45	3.5			5:37	-0.4	5:32	-0.4	6:10	7:49	
29	Sun	12:16	4.9	12:40	3.3	6:35	-0.1	6:30	-0.2	6:08	7:50	
30	Mon	1:13	4.5	1:39	3.1	7:36	0.1	7:33	0.1	6:07	7:51	