

Metompkin Inlet, VA - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:42	3.4	4:24	3.4	9:49	0.4	10:23	0.7	5:42	8:18	
2	Sat	4:39	3.2	5:18	3.6	10:36	0.5	11:24	0.7	5:41	8:18	
3	Sun	5:30	3.0	6:05	3.8	11:20	0.5			5:41	8:19	
4	Mon	6:18	3.0	6:47	4.0	12:19	0.7	12:03	0.5	5:41	8:20	
5	Tue	7:01	3.0	7:29	4.1	1:07	0.6	12:45	0.4	5:41	8:20	
6	Wed	7:44	3.0	8:10	4.3	1:49	0.5	1:26	0.4	5:40	8:21	
7	Thu	8:26	3.1	8:51	4.4	2:28	0.5	2:07	0.3	5:40	8:21	
8	Fri	9:08	3.1	9:33	4.4	3:06	0.4	2:47	0.3	5:40	8:22	
9	Sat	9:50	3.1	10:14	4.4	3:44	0.4	3:27	0.3	5:40	8:22	
10	Sun	10:31	3.2	10:55	4.4	4:23	0.5	4:08	0.3	5:40	8:23	
11	Mon	11:13	3.2	11:36	4.3	5:03	0.5	4:50	0.4	5:40	8:23	
12	Tue	11:56	3.2			5:45	0.5	5:35	0.5	5:40	8:24	
13	Wed	12:17	4.2	12:41	3.3	6:28	0.5	6:25	0.6	5:40	8:24	
14	Thu	1:01	4.1	1:29	3.4	7:13	0.5	7:20	0.7	5:40	8:25	
15	Fri	1:48	3.9	2:23	3.6	8:00	0.4	8:20	0.7	5:40	8:25	
16	Sat	2:40	3.7	3:20	3.8	8:48	0.3	9:22	0.6	5:40	8:25	
17	Sun	3:37	3.6	4:20	4.2	9:39	0.2	10:25	0.5	5:40	8:26	
18	Mon	4:38	3.4	5:19	4.5	10:32	0.0	11:30	0.3	5:40	8:26	
19	Tue	5:38	3.4	6:17	4.8	11:28	-0.2			5:40	8:26	
20	Wed	6:36	3.4	7:13	5.1	12:33	0.0	12:25	-0.4	5:40	8:27	
21	Thu	7:33	3.4	8:09	5.2	1:33	-0.2	1:22	-0.6	5:40	8:27	
22	Fri	8:29	3.5	9:04	5.2	2:29	-0.4	2:17	-0.7	5:41	8:27	
23	Sat	9:24	3.5	9:58	5.2	3:22	-0.4	3:11	-0.8	5:41	8:27	
24	Sun	10:18	3.6	10:50	5.0	4:13	-0.4	4:04	-0.7	5:41	8:27	
25	Mon	11:11	3.6	11:40	4.7	5:03	-0.4	4:58	-0.5	5:41	8:27	
26	Tue			12:03	3.6	5:52	-0.2	5:53	-0.2	5:42	8:28	
27	Wed	12:28	4.3	12:55	3.5	6:41	-0.1	6:49	0.1	5:42	8:28	
28	Thu	1:16	3.9	1:48	3.5	7:29	0.1	7:47	0.5	5:43	8:28	
29	Fri	2:05	3.6	2:42	3.5	8:15	0.3	8:46	0.7	5:43	8:28	
30	Sat	2:56	3.2	3:38	3.5	9:01	0.5	9:45	0.9	5:43	8:28	