

Metompkin Inlet, VA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:49	3.0	4:33	3.6	9:46	0.6	10:45	1.0	5:44	8:28	
2	Mon	4:44	2.8	5:26	3.7	10:32	0.6	11:42	1.0	5:44	8:27	
3	Tue	5:36	2.8	6:14	3.9	11:20	0.6			5:45	8:27	
4	Wed	6:26	2.8	7:00	4.1	12:35	0.9	12:08	0.6	5:45	8:27	
5	Thu	7:12	2.9	7:45	4.2	1:21	0.8	12:55	0.5	5:46	8:27	
6	Fri	7:57	3.0	8:28	4.4	2:02	0.7	1:40	0.3	5:46	8:27	
7	Sat	8:41	3.1	9:10	4.5	2:41	0.6	2:23	0.2	5:47	8:26	
8	Sun	9:24	3.2	9:51	4.5	3:20	0.5	3:05	0.2	5:48	8:26	
9	Mon	10:07	3.4	10:32	4.6	3:58	0.4	3:47	0.1	5:48	8:26	
10	Tue	10:50	3.5	11:12	4.5	4:37	0.3	4:30	0.2	5:49	8:26	
11	Wed	11:33	3.6	11:52	4.4	5:16	0.3	5:17	0.3	5:49	8:25	
12	Thu			12:17	3.7	5:58	0.2	6:07	0.4	5:50	8:25	
13	Fri	12:35	4.2	1:05	3.9	6:41	0.2	7:01	0.5	5:51	8:24	
14	Sat	1:20	3.9	1:56	4.0	7:27	0.2	8:00	0.6	5:51	8:24	
15	Sun	2:11	3.6	2:54	4.2	8:16	0.2	9:03	0.6	5:52	8:23	
16	Mon	3:09	3.4	3:56	4.3	9:09	0.1	10:08	0.6	5:53	8:23	
17	Tue	4:12	3.2	4:59	4.5	10:06	0.0	11:15	0.5	5:54	8:22	
18	Wed	5:16	3.1	6:02	4.7	11:07	-0.1			5:54	8:22	
19	Thu	6:19	3.2	7:01	4.9	12:21	0.3	12:08	-0.3	5:55	8:21	
20	Fri	7:18	3.3	7:57	5.0	1:21	0.1	1:08	-0.5	5:56	8:21	
21	Sat	8:14	3.5	8:51	5.0	2:16	-0.1	2:05	-0.6	5:57	8:20	
22	Sun	9:08	3.6	9:41	5.0	3:05	-0.2	2:58	-0.7	5:57	8:19	
23	Mon	9:59	3.7	10:29	4.8	3:52	-0.3	3:49	-0.6	5:58	8:18	
24	Tue	10:49	3.8	11:14	4.5	4:36	-0.3	4:39	-0.4	5:59	8:18	
25	Wed	11:36	3.8	11:58	4.2	5:19	-0.2	5:29	-0.1	6:00	8:17	
26	Thu			12:23	3.8	6:02	0.0	6:20	0.2	6:01	8:16	
27	Fri	12:40	3.8	1:09	3.8	6:44	0.2	7:13	0.6	6:01	8:15	
28	Sat	1:24	3.4	1:58	3.7	7:27	0.4	8:07	0.9	6:02	8:14	
29	Sun	2:11	3.1	2:50	3.7	8:11	0.6	9:03	1.1	6:03	8:14	
30	Mon	3:02	2.9	3:47	3.7	8:58	0.8	10:01	1.2	6:04	8:13	
31	Tue	3:59	2.7	4:45	3.7	9:48	0.9	11:00	1.3	6:05	8:12	