

Metompkin Inlet, VA - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:57	2.7	5:41	3.8	10:40	0.9	11:57	1.2	6:06	8:11	
2	Thu	5:51	2.8	6:32	4.0	11:34	0.8			6:06	8:10	
3	Fri	6:42	3.0	7:18	4.2	12:48	1.1	12:25	0.6	6:07	8:09	
4	Sat	7:29	3.2	8:02	4.4	1:31	0.9	1:14	0.4	6:08	8:08	
5	Sun	8:13	3.4	8:44	4.6	2:11	0.7	1:59	0.2	6:09	8:07	
6	Mon	8:57	3.6	9:25	4.7	2:49	0.5	2:43	0.1	6:10	8:06	
7	Tue	9:41	3.8	10:05	4.7	3:27	0.3	3:27	0.0	6:11	8:05	
8	Wed	10:24	4.0	10:46	4.6	4:05	0.1	4:12	0.0	6:11	8:03	
9	Thu	11:07	4.2	11:27	4.4	4:44	0.1	4:59	0.1	6:12	8:02	
10	Fri	11:53	4.3			5:25	0.0	5:50	0.2	6:13	8:01	
11	Sat	12:11	4.1	12:41	4.4	6:09	0.1	6:45	0.4	6:14	8:00	
12	Sun	12:57	3.8	1:33	4.4	6:57	0.1	7:45	0.6	6:15	7:59	
13	Mon	1:49	3.5	2:32	4.4	7:49	0.2	8:49	0.7	6:16	7:58	
14	Tue	2:48	3.2	3:37	4.4	8:47	0.3	9:56	0.8	6:17	7:56	
15	Wed	3:55	3.1	4:46	4.5	9:49	0.2	11:05	0.7	6:18	7:55	
16	Thu	5:04	3.1	5:52	4.6	10:54	0.2			6:18	7:54	
17	Fri	6:09	3.2	6:52	4.7	12:11	0.6	11:59 AM	0.0	6:19	7:53	
18	Sat	7:08	3.4	7:46	4.8	1:09	0.3	12:59	-0.2	6:20	7:51	
19	Sun	8:01	3.7	8:35	4.8	2:00	0.1	1:54	-0.3	6:21	7:50	
20	Mon	8:51	3.9	9:20	4.7	2:44	0.0	2:45	-0.4	6:22	7:49	
21	Tue	9:38	4.0	10:03	4.5	3:25	-0.1	3:32	-0.3	6:23	7:47	
22	Wed	10:22	4.2	10:44	4.3	4:04	-0.1	4:18	-0.2	6:23	7:46	
23	Thu	11:05	4.2	11:25	4.0	4:42	0.0	5:03	0.1	6:24	7:45	
24	Fri	11:47	4.2			5:19	0.2	5:49	0.4	6:25	7:43	
25	Sat	12:05	3.7	12:30	4.1	5:58	0.4	6:37	0.7	6:26	7:42	
26	Sun	12:46	3.4	1:16	3.9	6:39	0.7	7:27	1.0	6:27	7:40	
27	Mon	1:30	3.1	2:05	3.8	7:24	0.9	8:21	1.3	6:28	7:39	
28	Tue	2:20	2.9	3:02	3.7	8:13	1.1	9:18	1.5	6:29	7:38	
29	Wed	3:17	2.8	4:03	3.7	9:07	1.1	10:17	1.5	6:29	7:36	
30	Thu	4:18	2.8	5:04	3.9	10:04	1.1	11:15	1.5	6:30	7:35	
31	Fri	5:18	3.0	5:59	4.1	11:01	1.0			6:31	7:33	