

Metompkin Inlet, VA - Oct 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:28	3.8	6:54	4.4	12:09	0.9	12:18	0.6	6:57	6:46	
2	Tue	7:14	4.2	7:38	4.5	12:53	0.6	1:09	0.3	6:58	6:44	
3	Wed	7:59	4.6	8:22	4.6	1:35	0.2	1:59	0.0	6:59	6:43	
4	Thu	8:45	5.0	9:07	4.5	2:17	0.0	2:48	-0.2	7:00	6:41	
5	Fri	9:32	5.2	9:54	4.4	2:59	-0.2	3:37	-0.3	7:01	6:40	
6	Sat	10:20	5.4	10:41	4.2	3:42	-0.3	4:27	-0.2	7:02	6:38	
7	Sun	11:10	5.3	11:30	3.9	4:28	-0.3	5:21	0.0	7:03	6:37	
8	Mon			12:02	5.2	5:18	-0.1	6:18	0.3	7:04	6:35	
9	Tue	12:23	3.6	12:59	4.9	6:13	0.1	7:20	0.5	7:05	6:34	
10	Wed	1:20	3.4	2:01	4.6	7:14	0.3	8:26	0.7	7:05	6:32	
11	Thu	2:25	3.2	3:09	4.4	8:20	0.5	9:33	0.8	7:06	6:31	
12	Fri	3:37	3.2	4:20	4.2	9:29	0.6	10:37	0.7	7:07	6:29	
13	Sat	4:51	3.3	5:26	4.2	10:38	0.6	11:35	0.6	7:08	6:28	
14	Sun	5:54	3.6	6:20	4.1	11:43	0.5			7:09	6:27	
15	Mon	6:45	3.9	7:06	4.0	12:24	0.5	12:41	0.4	7:10	6:25	
16	Tue	7:28	4.1	7:47	4.0	1:06	0.3	1:31	0.3	7:11	6:24	
17	Wed	8:08	4.3	8:26	3.9	1:43	0.2	2:15	0.2	7:12	6:22	
18	Thu	8:47	4.5	9:05	3.8	2:18	0.2	2:56	0.2	7:13	6:21	
19	Fri	9:26	4.6	9:43	3.7	2:53	0.2	3:34	0.3	7:14	6:20	
20	Sat	10:05	4.6	10:22	3.5	3:28	0.3	4:13	0.4	7:15	6:18	
21	Sun	10:45	4.5	11:02	3.4	4:04	0.4	4:53	0.6	7:16	6:17	
22	Mon	11:26	4.4	11:42	3.2	4:42	0.6	5:35	0.9	7:17	6:16	
23	Tue			12:09	4.2	5:22	0.8	6:20	1.1	7:18	6:15	
24	Wed	12:25	3.1	12:55	4.1	6:07	1.0	7:10	1.3	7:19	6:13	
25	Thu	1:12	3.0	1:45	3.9	6:57	1.1	8:02	1.4	7:20	6:12	
26	Fri	2:05	3.0	2:39	3.9	7:52	1.2	8:55	1.4	7:21	6:11	
27	Sat	3:04	3.0	3:36	3.9	8:51	1.2	9:46	1.2	7:22	6:10	
28	Sun	3:05	3.2	3:33	3.9	8:51	1.1	9:36	1.0	6:23	5:08	
29	Mon	4:02	3.6	4:26	4.0	9:51	0.9	10:24	0.7	6:24	5:07	
30	Tue	4:54	4.0	5:16	4.1	10:49	0.6	11:11	0.3	6:25	5:06	
31	Wed	5:43	4.5	6:04	4.2	11:45	0.2	11:57	0.0	6:26	5:05	