

Metompkin Inlet, VA - Nov 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:31	4.9	6:52	4.2			12:38	-0.1	6:27	5:04	
2	Fri	7:20	5.3	7:41	4.1	12:44	-0.3	1:30	-0.3	6:28	5:03	
3	Sat	8:10	5.5	8:31	4.0	1:30	-0.5	2:21	-0.4	6:29	5:02	
4	Sun	9:01	5.5	9:22	3.9	2:18	-0.6	3:13	-0.4	6:30	5:01	
5	Mon	9:54	5.4	10:14	3.7	3:08	-0.6	4:08	-0.2	6:31	5:00	
6	Tue	10:48	5.2	11:09	3.5	4:01	-0.4	5:05	0.0	6:32	4:59	
7	Wed	11:44	4.9			4:58	-0.2	6:05	0.2	6:33	4:58	
8	Thu	12:07	3.3	12:44	4.5	6:00	0.1	7:07	0.4	6:34	4:57	
9	Fri	1:11	3.2	1:47	4.2	7:06	0.3	8:09	0.5	6:35	4:56	
10	Sat	2:21	3.3	2:53	3.9	8:14	0.5	9:07	0.5	6:37	4:55	
11	Sun	3:32	3.4	3:56	3.7	9:22	0.6	9:59	0.4	6:38	4:54	
12	Mon	4:33	3.6	4:50	3.6	10:27	0.6	10:47	0.4	6:39	4:53	
13	Tue	5:22	3.8	5:36	3.4	11:25	0.5	11:29	0.3	6:40	4:53	
14	Wed	6:04	4.1	6:18	3.4			12:15	0.4	6:41	4:52	
15	Thu	6:44	4.2	6:57	3.3	12:08	0.2	12:58	0.3	6:42	4:51	
16	Fri	7:22	4.4	7:36	3.3	12:45	0.2	1:37	0.3	6:43	4:50	
17	Sat	8:01	4.4	8:16	3.3	1:22	0.2	2:14	0.3	6:44	4:50	
18	Sun	8:41	4.4	8:56	3.2	1:59	0.2	2:52	0.4	6:45	4:49	
19	Mon	9:21	4.4	9:36	3.2	2:36	0.3	3:30	0.5	6:46	4:49	
20	Tue	10:03	4.3	10:17	3.1	3:15	0.4	4:11	0.7	6:47	4:48	
21	Wed	10:44	4.2	11:00	3.0	3:55	0.5	4:54	0.8	6:48	4:47	
22	Thu	11:27	4.1	11:45	3.0	4:39	0.7	5:39	0.9	6:49	4:47	
23	Fri			12:11	3.9	5:27	0.8	6:26	0.9	6:50	4:46	
24	Sat	12:34	3.0	12:59	3.8	6:20	0.9	7:14	0.9	6:51	4:46	
25	Sun	1:28	3.1	1:51	3.7	7:18	0.9	8:02	0.7	6:52	4:46	
26	Mon	2:26	3.3	2:47	3.7	8:18	0.8	8:51	0.5	6:53	4:45	
27	Tue	3:24	3.7	3:43	3.6	9:20	0.7	9:41	0.3	6:54	4:45	
28	Wed	4:20	4.1	4:39	3.6	10:22	0.4	10:32	0.0	6:55	4:44	
29	Thu	5:14	4.5	5:32	3.6	11:22	0.1	11:24	-0.3	6:56	4:44	
30	Fri	6:07	4.9	6:25	3.7			12:19	-0.2	6:57	4:44	