

Metompkin Inlet, VA - Jul 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:08	4.0	9:39	5.4	2:58	-0.5	2:58	-0.9	5:44	8:27	
2	Tue	10:02	4.1	10:31	5.3	3:49	-0.7	3:51	-0.9	5:45	8:27	
3	Wed	10:56	4.1	11:23	5.1	4:40	-0.7	4:46	-0.8	5:45	8:27	
4	Thu	11:50	4.1			5:32	-0.7	5:42	-0.6	5:46	8:27	
5	Fri	12:15	4.8	12:45	4.1	6:25	-0.6	6:41	-0.3	5:46	8:27	
6	Sat	1:07	4.4	1:42	4.0	7:18	-0.4	7:42	0.0	5:47	8:27	
7	Sun	2:01	3.9	2:42	3.9	8:12	-0.2	8:46	0.3	5:47	8:26	
8	Mon	2:59	3.6	3:44	3.9	9:06	-0.1	9:50	0.4	5:48	8:26	
9	Tue	3:59	3.3	4:47	3.9	10:00	0.1	10:55	0.5	5:49	8:26	
10	Wed	4:59	3.1	5:44	4.0	10:53	0.2	11:57	0.6	5:49	8:25	
11	Thu	5:55	3.0	6:34	4.0	11:45	0.2			5:50	8:25	
12	Fri	6:45	3.0	7:19	4.1	12:52	0.5	12:34	0.2	5:51	8:25	
13	Sat	7:30	3.1	8:01	4.2	1:39	0.4	1:20	0.1	5:51	8:24	
14	Sun	8:14	3.2	8:42	4.3	2:18	0.4	2:03	0.1	5:52	8:24	
15	Mon	8:56	3.3	9:22	4.3	2:55	0.3	2:43	0.1	5:53	8:23	
16	Tue	9:38	3.4	10:02	4.4	3:31	0.3	3:23	0.1	5:53	8:23	
17	Wed	10:19	3.5	10:41	4.3	4:07	0.3	4:03	0.2	5:54	8:22	
18	Thu	11:00	3.5	11:20	4.2	4:43	0.3	4:43	0.3	5:55	8:21	
19	Fri	11:41	3.6	11:58	4.1	5:21	0.4	5:25	0.5	5:56	8:21	
20	Sat			12:22	3.6	5:59	0.5	6:10	0.7	5:56	8:20	
21	Sun	12:38	3.9	1:06	3.7	6:40	0.5	6:59	0.8	5:57	8:20	
22	Mon	1:20	3.7	1:53	3.7	7:23	0.6	7:51	0.9	5:58	8:19	
23	Tue	2:07	3.6	2:45	3.9	8:10	0.6	8:48	0.9	5:59	8:18	
24	Wed	3:00	3.4	3:43	4.0	9:01	0.5	9:48	0.9	5:59	8:17	
25	Thu	3:59	3.4	4:43	4.3	9:56	0.3	10:49	0.7	6:00	8:17	
26	Fri	5:00	3.4	5:42	4.6	10:53	0.1	11:51	0.4	6:01	8:16	
27	Sat	6:00	3.6	6:39	4.9	11:52	-0.2			6:02	8:15	
28	Sun	6:58	3.8	7:34	5.1	12:50	0.1	12:51	-0.5	6:03	8:14	
29	Mon	7:53	4.0	8:27	5.3	1:45	-0.2	1:47	-0.7	6:04	8:13	
30	Tue	8:48	4.2	9:20	5.3	2:38	-0.5	2:42	-0.9	6:04	8:12	
31	Wed	9:43	4.3	10:12	5.2	3:28	-0.7	3:36	-1.0	6:05	8:11	