

Metompkin Inlet, VA - Nov 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:19	4.0	5:42	0.7	6:37	0.9	6:28	5:03	
2	Sat	12:42	3.1	1:10	3.8	6:35	0.9	7:29	1.0	6:29	5:02	
3	Sun	1:38	3.1	2:05	3.7	7:30	1.1	8:19	1.1	6:30	5:01	
4	Mon	2:37	3.1	3:02	3.6	8:26	1.1	9:09	1.0	6:31	5:00	
5	Tue	3:34	3.3	3:56	3.6	9:22	1.1	9:56	0.9	6:32	4:59	
6	Wed	4:27	3.6	4:45	3.7	10:17	1.0	10:41	0.7	6:33	4:58	
7	Thu	5:14	3.9	5:31	3.8	11:08	0.8	11:24	0.5	6:34	4:57	
8	Fri	5:58	4.2	6:15	3.9	11:56	0.5			6:35	4:56	
9	Sat	6:41	4.5	6:58	4.0	12:07	0.3	12:43	0.3	6:36	4:56	
10	Sun	7:24	4.8	7:42	4.0	12:49	0.1	1:28	0.1	6:37	4:55	
11	Mon	8:08	5.0	8:27	4.0	1:31	-0.1	2:13	0.0	6:38	4:54	
12	Tue	8:53	5.1	9:13	4.0	2:14	-0.2	2:59	-0.1	6:39	4:53	
13	Wed	9:40	5.1	10:00	3.9	2:59	-0.3	3:48	-0.1	6:40	4:52	
14	Thu	10:29	5.0	10:51	3.8	3:47	-0.2	4:39	0.0	6:41	4:51	
15	Fri	11:20	4.9	11:44	3.6	4:40	-0.1	5:34	0.1	6:42	4:51	
16	Sat			12:14	4.6	5:37	0.1	6:31	0.2	6:43	4:50	
17	Sun	12:43	3.6	1:12	4.4	6:39	0.2	7:30	0.2	6:45	4:49	
18	Mon	1:47	3.6	2:15	4.1	7:44	0.3	8:28	0.1	6:46	4:49	
19	Tue	2:54	3.7	3:18	3.9	8:50	0.3	9:26	0.0	6:47	4:48	
20	Wed	3:59	3.9	4:20	3.8	9:56	0.2	10:21	-0.1	6:48	4:48	
21	Thu	4:58	4.1	5:16	3.7	11:00	0.1	11:13	-0.3	6:49	4:47	
22	Fri	5:51	4.4	6:07	3.7	11:58	-0.1			6:50	4:47	
23	Sat	6:39	4.5	6:55	3.6	12:03	-0.4	12:50	-0.2	6:51	4:46	
24	Sun	7:25	4.6	7:41	3.6	12:49	-0.5	1:37	-0.3	6:52	4:46	
25	Mon	8:09	4.6	8:25	3.5	1:32	-0.5	2:21	-0.2	6:53	4:45	
26	Tue	8:53	4.6	9:09	3.4	2:15	-0.4	3:04	-0.1	6:54	4:45	
27	Wed	9:36	4.5	9:53	3.3	2:56	-0.3	3:46	0.0	6:55	4:45	
28	Thu	10:18	4.3	10:37	3.2	3:38	-0.1	4:29	0.2	6:56	4:44	
29	Fri	11:01	4.1	11:21	3.1	4:22	0.2	5:13	0.4	6:57	4:44	
30	Sat	11:45	3.9			5:08	0.4	5:58	0.6	6:58	4:44	