

Metompkin Inlet, VA - Jan 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:11	3.1	1:28	3.2	7:04	0.7	7:33	0.5	7:17	4:54	
2	Thu	2:04	3.2	2:20	3.1	7:59	0.7	8:21	0.4	7:17	4:55	
3	Fri	3:00	3.3	3:15	3.1	8:56	0.7	9:12	0.2	7:17	4:56	
4	Sat	3:56	3.6	4:11	3.1	9:55	0.6	10:04	0.0	7:17	4:57	
5	Sun	4:50	3.9	5:06	3.2	10:53	0.3	10:58	-0.3	7:17	4:58	
6	Mon	5:43	4.3	5:59	3.4	11:50	0.0	11:51	-0.6	7:17	4:58	
7	Tue	6:34	4.6	6:51	3.5			12:43	-0.3	7:17	4:59	
8	Wed	7:25	4.9	7:43	3.7	12:43	-0.9	1:34	-0.6	7:17	5:00	
9	Thu	8:16	5.0	8:35	3.8	1:35	-1.1	2:24	-0.9	7:17	5:01	
10	Fri	9:07	5.0	9:28	3.9	2:26	-1.3	3:14	-1.0	7:17	5:02	
11	Sat	9:58	4.9	10:20	3.9	3:18	-1.3	4:04	-1.0	7:17	5:03	
12	Sun	10:48	4.7	11:14	3.8	4:12	-1.1	4:56	-0.9	7:17	5:04	
13	Mon	11:39	4.3			5:09	-0.9	5:48	-0.8	7:16	5:05	
14	Tue	12:09	3.8	12:32	3.9	6:08	-0.6	6:43	-0.7	7:16	5:06	
15	Wed	1:07	3.6	1:28	3.5	7:11	-0.3	7:38	-0.5	7:16	5:07	
16	Thu	2:10	3.6	2:28	3.1	8:15	0.0	8:34	-0.4	7:15	5:08	
17	Fri	3:16	3.5	3:31	2.9	9:22	0.1	9:30	-0.3	7:15	5:09	
18	Sat	4:20	3.6	4:32	2.8	10:28	0.2	10:26	-0.3	7:14	5:10	
19	Sun	5:17	3.7	5:26	2.8	11:30	0.1	11:20	-0.3	7:14	5:11	
20	Mon	6:07	3.8	6:15	2.8			12:22	0.1	7:14	5:13	
21	Tue	6:51	3.8	6:59	2.9	12:08	-0.4	1:06	0.0	7:13	5:14	
22	Wed	7:32	3.9	7:41	3.0	12:52	-0.4	1:44	-0.1	7:12	5:15	
23	Thu	8:12	4.0	8:23	3.1	1:33	-0.5	2:19	-0.1	7:12	5:16	
24	Fri	8:51	4.0	9:03	3.2	2:13	-0.5	2:55	-0.1	7:11	5:17	
25	Sat	9:30	4.0	9:44	3.2	2:51	-0.4	3:30	-0.1	7:11	5:18	
26	Sun	10:08	3.9	10:24	3.3	3:31	-0.3	4:07	0.0	7:10	5:19	
27	Mon	10:46	3.7	11:04	3.3	4:11	-0.1	4:44	0.1	7:09	5:20	
28	Tue	11:24	3.6	11:46	3.3	4:53	0.1	5:23	0.2	7:09	5:21	
29	Wed			12:04	3.4	5:39	0.3	6:05	0.3	7:08	5:22	
30	Thu	12:31	3.3	12:48	3.2	6:28	0.5	6:50	0.3	7:07	5:24	
31	Fri	1:21	3.3	1:38	3.1	7:22	0.6	7:39	0.3	7:06	5:25	