

Metompkin Inlet, VA - Jun 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:42	3.7	6:19	4.4	11:40	-0.3			5:42	8:18	
2	Mon	6:38	3.6	7:11	4.6	12:27	-0.1	12:33	-0.4	5:41	8:18	
3	Tue	7:30	3.6	8:01	4.7	1:24	-0.2	1:23	-0.5	5:41	8:19	
4	Wed	8:20	3.6	8:48	4.7	2:16	-0.4	2:11	-0.5	5:41	8:20	
5	Thu	9:08	3.5	9:35	4.7	3:03	-0.4	2:57	-0.5	5:40	8:20	
6	Fri	9:55	3.5	10:20	4.6	3:49	-0.3	3:41	-0.4	5:40	8:21	
7	Sat	10:41	3.4	11:04	4.5	4:33	-0.2	4:26	-0.2	5:40	8:21	
8	Sun	11:26	3.3	11:48	4.3	5:17	0.0	5:11	0.1	5:40	8:22	
9	Mon			12:11	3.2	6:01	0.2	5:57	0.3	5:40	8:23	
10	Tue	12:32	4.0	12:57	3.2	6:45	0.4	6:46	0.6	5:40	8:23	
11	Wed	1:17	3.8	1:45	3.2	7:30	0.5	7:37	0.8	5:40	8:23	
12	Thu	2:04	3.6	2:37	3.2	8:15	0.7	8:30	1.0	5:40	8:24	
13	Fri	2:54	3.4	3:31	3.3	9:01	0.7	9:24	1.0	5:40	8:24	
14	Sat	3:47	3.3	4:25	3.5	9:47	0.7	10:19	1.0	5:40	8:25	
15	Sun	4:40	3.3	5:17	3.7	10:33	0.6	11:14	0.9	5:40	8:25	
16	Mon	5:31	3.3	6:05	4.0	11:21	0.5			5:40	8:26	
17	Tue	6:21	3.4	6:52	4.3	12:07	0.7	12:09	0.3	5:40	8:26	
18	Wed	7:09	3.5	7:38	4.6	12:58	0.5	12:57	0.1	5:40	8:26	
19	Thu	7:57	3.6	8:25	4.8	1:47	0.2	1:44	-0.1	5:40	8:26	
20	Fri	8:45	3.7	9:12	5.0	2:35	0.0	2:31	-0.3	5:40	8:27	
21	Sat	9:33	3.8	10:00	5.1	3:22	-0.2	3:19	-0.4	5:41	8:27	
22	Sun	10:23	3.8	10:49	5.1	4:09	-0.3	4:09	-0.4	5:41	8:27	
23	Mon	11:14	3.9	11:39	5.0	4:58	-0.4	5:00	-0.4	5:41	8:27	
24	Tue			12:06	3.9	5:49	-0.4	5:56	-0.3	5:41	8:27	
25	Wed	12:30	4.7	1:00	3.9	6:42	-0.3	6:55	-0.1	5:42	8:27	
26	Thu	1:22	4.4	1:58	3.9	7:35	-0.3	7:56	0.1	5:42	8:28	
27	Fri	2:18	4.1	2:59	3.9	8:30	-0.2	9:00	0.2	5:42	8:28	
28	Sat	3:18	3.8	4:03	4.0	9:25	-0.2	10:06	0.3	5:43	8:28	
29	Sun	4:20	3.5	5:05	4.1	10:21	-0.2	11:11	0.3	5:43	8:28	
30	Mon	5:21	3.4	6:03	4.3	11:16	-0.2			5:44	8:28	