

Metompkin Inlet, VA - Nov 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:15	4.4	11:31	3.2	4:30	0.5	5:25	0.8	7:28	6:03	
2	Sun	10:58	4.2	11:14	3.0	4:10	0.7	5:10	1.0	6:29	5:02	
3	Mon	11:43	4.1			4:55	0.9	5:58	1.2	6:30	5:01	
4	Tue	12:00	2.9	12:32	3.9	5:44	1.0	6:49	1.3	6:31	5:00	
5	Wed	12:52	2.9	1:24	3.8	6:38	1.2	7:40	1.3	6:32	4:59	
6	Thu	1:49	3.0	2:19	3.8	7:36	1.2	8:30	1.2	6:33	4:58	
7	Fri	2:49	3.2	3:14	3.8	8:36	1.1	9:18	0.9	6:34	4:57	
8	Sat	3:46	3.5	4:07	3.8	9:35	0.9	10:05	0.7	6:35	4:56	
9	Sun	4:38	3.9	4:58	3.9	10:33	0.6	10:52	0.3	6:36	4:55	
10	Mon	5:27	4.4	5:47	3.9	11:29	0.3	11:38	0.0	6:37	4:55	
11	Tue	6:15	4.8	6:35	4.0			12:23	0.0	6:38	4:54	
12	Wed	7:04	5.1	7:24	3.9	12:25	-0.3	1:15	-0.2	6:39	4:53	
13	Thu	7:54	5.4	8:14	3.9	1:13	-0.5	2:07	-0.4	6:40	4:52	
14	Fri	8:45	5.5	9:05	3.8	2:01	-0.6	2:58	-0.4	6:41	4:51	
15	Sat	9:38	5.4	9:58	3.6	2:51	-0.6	3:52	-0.3	6:42	4:51	
16	Sun	10:32	5.2	10:52	3.5	3:44	-0.5	4:48	-0.1	6:44	4:50	
17	Mon	11:27	4.9	11:50	3.4	4:40	-0.3	5:47	0.1	6:45	4:49	
18	Tue			12:25	4.5	5:41	-0.1	6:47	0.2	6:46	4:49	
19	Wed	12:52	3.3	1:26	4.2	6:46	0.2	7:47	0.3	6:47	4:48	
20	Thu	2:00	3.3	2:29	3.9	7:54	0.4	8:44	0.3	6:48	4:48	
21	Fri	3:10	3.4	3:32	3.6	9:02	0.5	9:37	0.3	6:49	4:47	
22	Sat	4:13	3.6	4:29	3.4	10:09	0.5	10:25	0.3	6:50	4:47	
23	Sun	5:06	3.8	5:19	3.3	11:10	0.5	11:10	0.2	6:51	4:46	
24	Mon	5:51	4.0	6:03	3.2			12:03	0.4	6:52	4:46	
25	Tue	6:32	4.2	6:44	3.2			12:48	0.3	6:53	4:45	
26	Wed	7:11	4.3	7:24	3.1	12:31	0.1	1:29	0.3	6:54	4:45	
27	Thu	7:51	4.3	8:04	3.1	1:10	0.1	2:07	0.3	6:55	4:45	
28	Fri	8:31	4.4	8:45	3.1	1:48	0.1	2:44	0.3	6:56	4:44	
29	Sat	9:12	4.3	9:26	3.1	2:26	0.1	3:22	0.4	6:57	4:44	
30	Sun	9:53	4.3	10:07	3.0	3:05	0.2	4:02	0.6	6:58	4:44	