

Great Machipongo Inlet, VA - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:01	4.8	8:15	3.5	1:27	-0.9	2:22	-0.5	7:17	4:55	
2	Fri	8:47	4.8	9:02	3.5	2:15	-0.9	3:05	-0.5	7:17	4:56	
3	Sat	9:31	4.6	9:47	3.5	3:00	-0.8	3:48	-0.4	7:17	4:56	
4	Sun	10:14	4.4	10:31	3.5	3:44	-0.6	4:29	-0.3	7:17	4:57	
5	Mon	10:55	4.2	11:16	3.4	4:29	-0.3	5:10	-0.1	7:17	4:58	
6	Tue	11:37	3.9			5:15	0.0	5:52	0.1	7:17	4:59	
7	Wed	12:01	3.4	12:20	3.6	6:03	0.2	6:34	0.2	7:17	5:00	
8	Thu	12:48	3.3	1:05	3.3	6:53	0.5	7:18	0.3	7:17	5:01	
9	Fri	1:39	3.3	1:54	3.1	7:46	0.7	8:04	0.4	7:17	5:02	
10	Sat	2:34	3.4	2:48	3.0	8:41	0.8	8:52	0.4	7:17	5:03	
11	Sun	3:30	3.5	3:43	3.0	9:37	0.8	9:42	0.3	7:17	5:04	
12	Mon	4:25	3.8	4:37	3.0	10:34	0.7	10:34	0.2	7:17	5:05	
13	Tue	5:17	4.0	5:28	3.2	11:29	0.5	11:25	0.0	7:16	5:06	
14	Wed	6:05	4.3	6:17	3.3			12:19	0.3	7:16	5:07	
15	Thu	6:52	4.6	7:05	3.5	12:15	-0.3	1:07	0.0	7:16	5:08	
16	Fri	7:38	4.9	7:53	3.7	1:03	-0.6	1:52	-0.3	7:15	5:09	
17	Sat	8:24	5.0	8:41	3.9	1:51	-0.8	2:37	-0.5	7:15	5:10	
18	Sun	9:10	5.1	9:29	4.1	2:39	-0.9	3:22	-0.7	7:15	5:11	
19	Mon	9:57	5.0	10:18	4.2	3:27	-1.0	4:08	-0.8	7:14	5:12	
20	Tue	10:44	4.8	11:08	4.2	4:18	-0.9	4:55	-0.8	7:14	5:13	
21	Wed	11:32	4.5			5:13	-0.7	5:45	-0.7	7:13	5:14	
22	Thu	12:01	4.2	12:22	4.1	6:10	-0.5	6:37	-0.6	7:13	5:15	
23	Fri	12:57	4.2	1:17	3.7	7:11	-0.2	7:32	-0.5	7:12	5:16	
24	Sat	1:59	4.1	2:17	3.3	8:16	0.0	8:29	-0.4	7:12	5:17	
25	Sun	3:05	4.1	3:22	3.1	9:23	0.1	9:29	-0.4	7:11	5:18	
26	Mon	4:12	4.1	4:27	3.0	10:31	0.1	10:30	-0.5	7:11	5:19	
27	Tue	5:14	4.2	5:28	3.1	11:36	0.0	11:29	-0.5	7:10	5:20	
28	Wed	6:10	4.3	6:22	3.2			12:33	-0.2	7:09	5:21	
29	Thu	7:00	4.4	7:11	3.3	12:24	-0.7	1:21	-0.3	7:08	5:22	
30	Fri	7:45	4.4	7:57	3.4	1:13	-0.8	2:03	-0.4	7:08	5:24	
31	Sat	8:28	4.4	8:40	3.5	1:59	-0.8	2:42	-0.4	7:07	5:25	