

Great Machipongo Inlet, VA - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:41	4.1	8:55	3.9	2:21	-0.5	2:46	-0.2	6:33	5:56	
2	Tue	9:19	4.0	9:34	4.0	2:59	-0.4	3:20	-0.2	6:32	5:57	
3	Wed	9:56	3.9	10:13	4.0	3:38	-0.3	3:54	-0.1	6:30	5:58	
4	Thu	10:34	3.8	10:52	4.0	4:17	-0.1	4:30	0.1	6:29	5:59	
5	Fri	11:12	3.6	11:33	3.9	4:58	0.1	5:09	0.2	6:27	6:00	
6	Sat	11:51	3.4			5:42	0.4	5:50	0.4	6:26	6:01	
7	Sun	12:17	3.8	12:34	3.2	6:29	0.6	6:36	0.5	6:24	6:02	
8	Mon	1:05	3.8	1:24	3.1	7:21	0.8	7:27	0.6	6:23	6:03	
9	Tue	2:01	3.8	2:21	3.0	8:17	0.8	8:23	0.5	6:22	6:04	
10	Wed	3:02	3.9	3:22	3.1	9:16	0.8	9:23	0.4	6:20	6:05	
11	Thu	4:03	4.0	4:23	3.4	10:15	0.6	10:23	0.1	6:19	6:06	
12	Fri	5:00	4.3	5:20	3.7	11:11	0.3	11:23	-0.2	6:17	6:07	
13	Sat	5:54	4.6	6:13	4.1			12:04	-0.1	6:16	6:08	
14	Sun	6:45	4.8	7:05	4.6	12:19	-0.6	12:54	-0.5	6:14	6:09	
15	Mon	7:35	4.9	7:56	4.9	1:13	-1.0	1:42	-0.8	6:13	6:10	
16	Tue	8:25	4.9	8:47	5.2	2:06	-1.2	2:29	-1.0	6:11	6:11	
17	Wed	9:14	4.8	9:38	5.3	2:57	-1.3	3:16	-1.1	6:10	6:12	
18	Thu	10:03	4.6	10:29	5.2	3:50	-1.2	4:04	-1.0	6:08	6:12	
19	Fri	10:53	4.3	11:21	5.0	4:44	-0.9	4:55	-0.8	6:07	6:13	
20	Sat	11:45	3.9			5:40	-0.6	5:49	-0.6	6:05	6:14	
21	Sun	12:16	4.7	12:40	3.5	6:40	-0.2	6:46	-0.3	6:04	6:15	
22	Mon	1:15	4.4	1:40	3.3	7:42	0.1	7:48	0.0	6:02	6:16	
23	Tue	2:21	4.1	2:47	3.1	8:47	0.3	8:52	0.1	6:01	6:17	
24	Wed	3:31	3.9	3:56	3.1	9:52	0.4	9:57	0.2	5:59	6:18	
25	Thu	4:37	3.8	4:58	3.3	10:53	0.4	10:59	0.2	5:58	6:19	
26	Fri	5:32	3.8	5:48	3.5	11:44	0.3	11:54	0.1	5:56	6:20	
27	Sat	6:17	3.9	6:30	3.7			12:26	0.2	5:55	6:21	
28	Sun	6:56	3.9	7:10	3.9	12:40	0.0	1:03	0.1	5:53	6:22	
29	Mon	7:34	3.9	7:48	4.1	1:21	-0.1	1:37	0.1	5:52	6:22	
30	Tue	8:12	3.9	8:27	4.3	1:59	-0.2	2:10	0.0	5:50	6:23	
31	Wed	8:49	3.9	9:05	4.4	2:37	-0.2	2:44	0.0	5:49	6:24	