

## Great Machipongo Inlet, VA - Jun 1976

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Tue | 11:39 | 3.7 |       |     | 5:32  | 0.3  | 5:28     | 0.3  | 5:43                                                                                | 8:17 |    |
| 2    | Wed | 12:00 | 4.8 | 12:24 | 3.7 | 6:18  | 0.3  | 6:18     | 0.4  | 5:43                                                                                | 8:18 |    |
| 3    | Thu | 12:45 | 4.7 | 1:13  | 3.8 | 7:06  | 0.3  | 7:13     | 0.5  | 5:42                                                                                | 8:19 |    |
| 4    | Fri | 1:34  | 4.5 | 2:08  | 3.9 | 7:56  | 0.2  | 8:12     | 0.5  | 5:42                                                                                | 8:19 |    |
| 5    | Sat | 2:28  | 4.3 | 3:06  | 4.1 | 8:48  | 0.2  | 9:14     | 0.4  | 5:42                                                                                | 8:20 |    |
| 6    | Sun | 3:27  | 4.1 | 4:08  | 4.3 | 9:42  | 0.0  | 10:18    | 0.3  | 5:41                                                                                | 8:21 |    |
| 7    | Mon | 4:28  | 4.0 | 5:09  | 4.7 | 10:36 | -0.1 | 11:22    | 0.2  | 5:41                                                                                | 8:21 |    |
| 8    | Tue | 5:28  | 3.9 | 6:07  | 5.0 | 11:32 | -0.3 |          |      | 5:41                                                                                | 8:22 |    |
| 9    | Wed | 6:27  | 3.9 | 7:03  | 5.3 | 12:25 | -0.1 | 12:28    | -0.5 | 5:41                                                                                | 8:22 |    |
| 10   | Thu | 7:23  | 3.9 | 7:57  | 5.4 | 1:25  | -0.3 | 1:23     | -0.7 | 5:41                                                                                | 8:23 |    |
| 11   | Fri | 8:17  | 4.0 | 8:50  | 5.5 | 2:21  | -0.5 | 2:17     | -0.8 | 5:41                                                                                | 8:23 |    |
| 12   | Sat | 9:11  | 4.0 | 9:41  | 5.4 | 3:13  | -0.6 | 3:08     | -0.8 | 5:41                                                                                | 8:24 |   |
| 13   | Sun | 10:03 | 3.9 | 10:31 | 5.3 | 4:03  | -0.6 | 3:59     | -0.7 | 5:41                                                                                | 8:24 |  |
| 14   | Mon | 10:54 | 3.9 | 11:20 | 5.0 | 4:52  | -0.5 | 4:49     | -0.5 | 5:41                                                                                | 8:24 |  |
| 15   | Tue | 11:43 | 3.8 |       |     | 5:40  | -0.3 | 5:40     | -0.2 | 5:41                                                                                | 8:25 |  |
| 16   | Wed | 12:07 | 4.7 | 12:33 | 3.7 | 6:29  | -0.1 | 6:32     | 0.1  | 5:41                                                                                | 8:25 |  |
| 17   | Thu | 12:54 | 4.4 | 1:23  | 3.6 | 7:16  | 0.1  | 7:26     | 0.4  | 5:41                                                                                | 8:25 |  |
| 18   | Fri | 1:41  | 4.0 | 2:14  | 3.6 | 8:03  | 0.3  | 8:21     | 0.7  | 5:41                                                                                | 8:26 |  |
| 19   | Sat | 2:30  | 3.7 | 3:08  | 3.6 | 8:49  | 0.5  | 9:17     | 0.9  | 5:41                                                                                | 8:26 |  |
| 20   | Sun | 3:22  | 3.4 | 4:03  | 3.7 | 9:35  | 0.6  | 10:13    | 1.0  | 5:42                                                                                | 8:26 |  |
| 21   | Mon | 4:16  | 3.3 | 4:57  | 3.9 | 10:20 | 0.6  | 11:08    | 1.0  | 5:42                                                                                | 8:26 |  |
| 22   | Tue | 5:09  | 3.2 | 5:47  | 4.1 | 11:07 | 0.6  |          |      | 5:42                                                                                | 8:27 |  |
| 23   | Wed | 5:59  | 3.3 | 6:34  | 4.3 | 12:02 | 0.9  | 11:54 AM | 0.5  | 5:42                                                                                | 8:27 |  |
| 24   | Thu | 6:47  | 3.4 | 7:19  | 4.5 | 12:52 | 0.8  | 12:41    | 0.4  | 5:43                                                                                | 8:27 |  |
| 25   | Fri | 7:33  | 3.5 | 8:02  | 4.7 | 1:37  | 0.6  | 1:26     | 0.3  | 5:43                                                                                | 8:27 |  |
| 26   | Sat | 8:18  | 3.6 | 8:46  | 4.9 | 2:20  | 0.5  | 2:11     | 0.1  | 5:43                                                                                | 8:27 |  |
| 27   | Sun | 9:02  | 3.7 | 9:29  | 5.0 | 3:02  | 0.3  | 2:54     | 0.0  | 5:44                                                                                | 8:27 |  |
| 28   | Mon | 9:47  | 3.8 | 10:12 | 5.1 | 3:44  | 0.2  | 3:38     | 0.0  | 5:44                                                                                | 8:27 |  |
| 29   | Tue | 10:32 | 3.9 | 10:55 | 5.1 | 4:26  | 0.1  | 4:23     | 0.0  | 5:44                                                                                | 8:27 |  |
| 30   | Wed | 11:17 | 4.0 | 11:39 | 5.0 | 5:09  | 0.0  | 5:10     | 0.0  | 5:45                                                                                | 8:27 |  |