

## Great Machipongo Inlet, VA - Aug 1976

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sun | 12:53 | 4.5 | 1:27  | 4.7 | 7:05  | -0.2 | 7:41     | 0.2  | 6:07                                                                                | 8:10 |    |
| 2    | Mon | 1:45  | 4.2 | 2:25  | 4.7 | 7:58  | -0.1 | 8:43     | 0.4  | 6:08                                                                                | 8:09 |    |
| 3    | Tue | 2:43  | 3.8 | 3:28  | 4.7 | 8:54  | 0.0  | 9:48     | 0.5  | 6:09                                                                                | 8:08 |    |
| 4    | Wed | 3:46  | 3.6 | 4:34  | 4.7 | 9:53  | 0.0  | 10:55    | 0.5  | 6:09                                                                                | 8:07 |    |
| 5    | Thu | 4:52  | 3.5 | 5:39  | 4.8 | 10:54 | 0.0  |          |      | 6:10                                                                                | 8:06 |    |
| 6    | Fri | 5:56  | 3.5 | 6:38  | 4.9 | 12:01 | 0.4  | 11:56 AM | -0.1 | 6:11                                                                                | 8:05 |    |
| 7    | Sat | 6:54  | 3.6 | 7:31  | 4.9 | 1:01  | 0.3  | 12:54    | -0.2 | 6:12                                                                                | 8:04 |    |
| 8    | Sun | 7:46  | 3.8 | 8:19  | 5.0 | 1:53  | 0.1  | 1:48     | -0.3 | 6:13                                                                                | 8:03 |    |
| 9    | Mon | 8:35  | 3.9 | 9:04  | 4.9 | 2:39  | 0.0  | 2:37     | -0.3 | 6:14                                                                                | 8:02 |    |
| 10   | Tue | 9:21  | 4.1 | 9:47  | 4.8 | 3:21  | -0.1 | 3:22     | -0.3 | 6:15                                                                                | 8:01 |    |
| 11   | Wed | 10:05 | 4.2 | 10:28 | 4.7 | 3:59  | -0.1 | 4:06     | -0.2 | 6:15                                                                                | 8:00 |    |
| 12   | Thu | 10:47 | 4.2 | 11:08 | 4.5 | 4:37  | 0.0  | 4:49     | 0.0  | 6:16                                                                                | 7:58 |   |
| 13   | Fri | 11:29 | 4.2 | 11:48 | 4.2 | 5:15  | 0.1  | 5:32     | 0.3  | 6:17                                                                                | 7:57 |  |
| 14   | Sat |       |     | 12:11 | 4.2 | 5:53  | 0.3  | 6:16     | 0.6  | 6:18                                                                                | 7:56 |  |
| 15   | Sun | 12:28 | 4.0 | 12:55 | 4.1 | 6:33  | 0.5  | 7:03     | 0.8  | 6:19                                                                                | 7:55 |  |
| 16   | Mon | 1:10  | 3.7 | 1:41  | 4.1 | 7:15  | 0.7  | 7:53     | 1.1  | 6:20                                                                                | 7:53 |  |
| 17   | Tue | 1:56  | 3.5 | 2:32  | 4.0 | 8:01  | 0.9  | 8:46     | 1.3  | 6:20                                                                                | 7:52 |  |
| 18   | Wed | 2:46  | 3.3 | 3:28  | 4.0 | 8:50  | 1.0  | 9:41     | 1.4  | 6:21                                                                                | 7:51 |  |
| 19   | Thu | 3:43  | 3.3 | 4:26  | 4.1 | 9:42  | 1.0  | 10:38    | 1.3  | 6:22                                                                                | 7:50 |  |
| 20   | Fri | 4:41  | 3.3 | 5:22  | 4.3 | 10:37 | 0.9  | 11:34    | 1.2  | 6:23                                                                                | 7:48 |  |
| 21   | Sat | 5:37  | 3.5 | 6:14  | 4.6 | 11:32 | 0.7  |          |      | 6:24                                                                                | 7:47 |  |
| 22   | Sun | 6:30  | 3.8 | 7:03  | 4.9 | 12:27 | 0.9  | 12:26    | 0.4  | 6:25                                                                                | 7:46 |  |
| 23   | Mon | 7:19  | 4.1 | 7:50  | 5.1 | 1:16  | 0.6  | 1:18     | 0.1  | 6:25                                                                                | 7:44 |  |
| 24   | Tue | 8:08  | 4.4 | 8:36  | 5.3 | 2:02  | 0.3  | 2:09     | -0.1 | 6:26                                                                                | 7:43 |  |
| 25   | Wed | 8:55  | 4.7 | 9:22  | 5.4 | 2:46  | 0.0  | 2:58     | -0.4 | 6:27                                                                                | 7:41 |  |
| 26   | Thu | 9:44  | 5.0 | 10:08 | 5.3 | 3:30  | -0.3 | 3:47     | -0.5 | 6:28                                                                                | 7:40 |  |
| 27   | Fri | 10:32 | 5.2 | 10:55 | 5.1 | 4:14  | -0.4 | 4:38     | -0.4 | 6:29                                                                                | 7:39 |  |
| 28   | Sat | 11:22 | 5.3 | 11:44 | 4.8 | 5:00  | -0.4 | 5:30     | -0.3 | 6:30                                                                                | 7:37 |  |
| 29   | Sun |       |     | 12:13 | 5.3 | 5:49  | -0.3 | 6:26     | 0.0  | 6:31                                                                                | 7:36 |  |
| 30   | Mon | 12:34 | 4.5 | 1:07  | 5.1 | 6:40  | -0.2 | 7:26     | 0.2  | 6:31                                                                                | 7:34 |  |
| 31   | Tue | 1:27  | 4.1 | 2:06  | 4.9 | 7:36  | 0.0  | 8:29     | 0.5  | 6:32                                                                                | 7:33 |  |