

Great Machipongo Inlet, VA - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:11	3.7	4:32	3.9	10:10	0.7	10:43	0.5	6:27	5:04	
2	Tue	5:04	3.9	5:20	3.9	11:08	0.6	11:27	0.5	6:29	5:03	
3	Wed	5:48	4.1	6:02	3.9	11:59	0.6			6:30	5:02	
4	Thu	6:27	4.4	6:41	3.9	12:06	0.4	12:42	0.5	6:31	5:01	
5	Fri	7:05	4.6	7:20	3.9	12:43	0.3	1:21	0.4	6:32	5:00	
6	Sat	7:44	4.7	7:59	3.9	1:19	0.3	1:59	0.4	6:33	4:59	
7	Sun	8:23	4.8	8:39	3.9	1:55	0.2	2:36	0.4	6:34	4:58	
8	Mon	9:02	4.8	9:19	3.8	2:31	0.3	3:14	0.4	6:35	4:58	
9	Tue	9:42	4.8	9:59	3.7	3:09	0.4	3:54	0.5	6:36	4:57	
10	Wed	10:23	4.7	10:40	3.6	3:48	0.5	4:36	0.7	6:37	4:56	
11	Thu	11:04	4.6	11:23	3.6	4:29	0.6	5:20	0.8	6:38	4:55	
12	Fri	11:48	4.5			5:15	0.7	6:08	0.9	6:39	4:54	
13	Sat	12:10	3.5	12:36	4.4	6:06	0.8	6:59	0.8	6:40	4:53	
14	Sun	1:03	3.6	1:29	4.3	7:03	0.9	7:51	0.7	6:41	4:53	
15	Mon	2:02	3.7	2:27	4.3	8:04	0.8	8:44	0.5	6:42	4:52	
16	Tue	3:03	4.0	3:26	4.3	9:06	0.6	9:38	0.3	6:43	4:51	
17	Wed	4:03	4.4	4:25	4.3	10:09	0.4	10:32	0.0	6:44	4:51	
18	Thu	5:00	4.8	5:20	4.3	11:11	0.1	11:25	-0.4	6:45	4:50	
19	Fri	5:54	5.2	6:14	4.4			12:10	-0.3	6:46	4:49	
20	Sat	6:47	5.6	7:07	4.4	12:18	-0.7	1:06	-0.5	6:47	4:49	
21	Sun	7:40	5.8	8:00	4.4	1:09	-0.9	1:59	-0.7	6:48	4:48	
22	Mon	8:32	5.8	8:53	4.3	2:00	-1.0	2:52	-0.7	6:49	4:48	
23	Tue	9:25	5.7	9:45	4.1	2:51	-1.0	3:44	-0.7	6:50	4:47	
24	Wed	10:17	5.5	10:38	4.0	3:43	-0.8	4:37	-0.5	6:51	4:47	
25	Thu	11:09	5.1	11:32	3.8	4:36	-0.6	5:32	-0.3	6:52	4:47	
26	Fri			12:01	4.7	5:33	-0.2	6:27	0.0	6:53	4:46	
27	Sat	12:28	3.6	12:55	4.3	6:32	0.1	7:23	0.2	6:54	4:46	
28	Sun	1:27	3.5	1:52	3.9	7:33	0.4	8:17	0.3	6:55	4:46	
29	Mon	2:30	3.5	2:50	3.6	8:35	0.6	9:08	0.4	6:56	4:45	
30	Tue	3:32	3.6	3:47	3.5	9:37	0.7	9:57	0.4	6:57	4:45	