

Great Machipongo Inlet, VA - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:43	3.5	1:02	3.8	6:46	0.4	7:19	0.2	7:17	4:55	
2	Mon	1:37	3.6	1:55	3.7	7:43	0.5	8:10	0.1	7:17	4:56	
3	Tue	2:36	3.8	2:54	3.6	8:44	0.4	9:04	-0.1	7:17	4:57	
4	Wed	3:37	4.1	3:55	3.6	9:48	0.2	10:01	-0.3	7:17	4:58	
5	Thu	4:37	4.5	4:55	3.6	10:51	0.0	10:58	-0.6	7:17	4:59	
6	Fri	5:35	4.8	5:53	3.7	11:52	-0.3	11:56	-0.9	7:17	4:59	
7	Sat	6:30	5.1	6:49	3.9			12:50	-0.6	7:17	5:00	
8	Sun	7:25	5.3	7:44	4.0	12:51	-1.2	1:44	-0.9	7:17	5:01	
9	Mon	8:18	5.4	8:38	4.0	1:45	-1.4	2:36	-1.1	7:17	5:02	
10	Tue	9:11	5.3	9:31	4.1	2:38	-1.4	3:27	-1.1	7:17	5:03	
11	Wed	10:02	5.1	10:24	4.0	3:31	-1.4	4:17	-1.0	7:17	5:04	
12	Thu	10:51	4.8	11:16	3.9	4:24	-1.1	5:07	-0.9	7:16	5:05	
13	Fri	11:40	4.4			5:19	-0.8	5:58	-0.7	7:16	5:06	
14	Sat	12:08	3.8	12:30	3.9	6:15	-0.4	6:49	-0.4	7:16	5:07	
15	Sun	1:03	3.6	1:22	3.5	7:14	-0.1	7:40	-0.2	7:16	5:08	
16	Mon	2:00	3.5	2:16	3.2	8:14	0.2	8:31	0.0	7:15	5:09	
17	Tue	3:01	3.5	3:14	2.9	9:15	0.4	9:23	0.1	7:15	5:10	
18	Wed	4:01	3.5	4:11	2.8	10:17	0.5	10:14	0.1	7:15	5:11	
19	Thu	4:56	3.6	5:03	2.9	11:15	0.5	11:04	0.1	7:14	5:12	
20	Fri	5:44	3.8	5:51	3.0			12:05	0.4	7:14	5:13	
21	Sat	6:28	4.0	6:36	3.1			12:48	0.3	7:13	5:14	
22	Sun	7:09	4.1	7:19	3.2	12:35	-0.2	1:26	0.2	7:13	5:15	
23	Mon	7:50	4.3	8:01	3.4	1:17	-0.3	2:03	0.1	7:12	5:16	
24	Tue	8:30	4.4	8:42	3.5	1:57	-0.4	2:39	0.0	7:11	5:18	
25	Wed	9:09	4.4	9:23	3.6	2:37	-0.4	3:16	-0.1	7:11	5:19	
26	Thu	9:48	4.4	10:04	3.7	3:17	-0.3	3:54	-0.1	7:10	5:20	
27	Fri	10:26	4.3	10:45	3.7	3:58	-0.3	4:33	-0.1	7:09	5:21	
28	Sat	11:06	4.2	11:28	3.8	4:42	-0.1	5:14	-0.1	7:09	5:22	
29	Sun	11:47	4.0			5:30	0.0	5:58	-0.1	7:08	5:23	
30	Mon	12:14	3.8	12:33	3.8	6:22	0.1	6:47	-0.1	7:07	5:24	
31	Tue	1:07	3.9	1:26	3.6	7:20	0.2	7:39	-0.1	7:06	5:25	