

Great Machipongo Inlet, VA - May 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:20	4.2	4:56	3.8	10:37	0.1	11:00	0.1	6:07	7:52	
2	Tue	5:23	4.1	5:57	4.0	11:35	0.0			6:06	7:53	
3	Wed	6:20	4.0	6:50	4.3	12:04	0.0	12:27	-0.1	6:05	7:53	
4	Thu	7:11	4.0	7:37	4.5	1:02	-0.1	1:15	-0.2	6:04	7:54	
5	Fri	7:57	3.9	8:21	4.7	1:54	-0.2	1:59	-0.3	6:03	7:55	
6	Sat	8:41	3.9	9:03	4.7	2:40	-0.3	2:40	-0.3	6:02	7:56	
7	Sun	9:24	3.8	9:45	4.8	3:22	-0.3	3:20	-0.2	6:01	7:57	
8	Mon	10:06	3.7	10:26	4.7	4:03	-0.2	3:59	-0.1	6:00	7:58	
9	Tue	10:47	3.6	11:07	4.6	4:43	0.0	4:38	0.1	5:59	7:59	
10	Wed	11:29	3.5	11:49	4.5	5:24	0.2	5:19	0.3	5:58	8:00	
11	Thu			12:12	3.4	6:07	0.4	6:03	0.5	5:57	8:01	
12	Fri	12:33	4.3	12:56	3.4	6:51	0.6	6:49	0.7	5:56	8:01	
13	Sat	1:18	4.1	1:44	3.3	7:38	0.7	7:40	0.9	5:55	8:02	
14	Sun	2:06	4.0	2:35	3.3	8:26	0.8	8:33	1.0	5:54	8:03	
15	Mon	2:58	3.8	3:31	3.4	9:14	0.9	9:29	1.0	5:53	8:04	
16	Tue	3:53	3.8	4:27	3.7	10:03	0.8	10:25	0.9	5:52	8:05	
17	Wed	4:47	3.8	5:20	4.0	10:53	0.6	11:22	0.7	5:52	8:06	
18	Thu	5:40	3.9	6:10	4.4	11:42	0.4			5:51	8:07	
19	Fri	6:30	4.1	6:59	4.8	12:18	0.4	12:31	0.1	5:50	8:07	
20	Sat	7:20	4.2	7:47	5.2	1:11	0.1	1:20	-0.2	5:49	8:08	
21	Sun	8:09	4.3	8:36	5.5	2:03	-0.2	2:08	-0.4	5:49	8:09	
22	Mon	8:59	4.3	9:26	5.6	2:54	-0.5	2:56	-0.6	5:48	8:10	
23	Tue	9:50	4.3	10:17	5.7	3:44	-0.6	3:46	-0.7	5:47	8:11	
24	Wed	10:42	4.3	11:09	5.6	4:36	-0.7	4:37	-0.7	5:47	8:11	
25	Thu	11:35	4.2			5:29	-0.6	5:31	-0.5	5:46	8:12	
26	Fri	12:02	5.4	12:29	4.0	6:24	-0.5	6:28	-0.3	5:46	8:13	
27	Sat	12:56	5.1	1:27	3.9	7:20	-0.3	7:29	-0.1	5:45	8:14	
28	Sun	1:53	4.7	2:28	3.9	8:18	-0.2	8:33	0.1	5:45	8:14	
29	Mon	2:53	4.3	3:33	3.9	9:16	-0.1	9:38	0.2	5:44	8:15	
30	Tue	3:55	4.0	4:38	4.0	10:12	0.0	10:44	0.3	5:44	8:16	
31	Wed	4:57	3.8	5:38	4.1	11:06	0.0	11:48	0.3	5:43	8:17	