

Great Machipongo Inlet, VA - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:16	3.3	6:52	4.3	12:26	0.5	12:15	0.2	5:45	8:27	
2	Sun	7:03	3.3	7:35	4.5	1:18	0.5	1:01	0.2	5:46	8:27	
3	Mon	7:48	3.4	8:17	4.6	2:02	0.4	1:45	0.1	5:46	8:27	
4	Tue	8:30	3.4	8:57	4.6	2:41	0.3	2:26	0.1	5:47	8:27	
5	Wed	9:13	3.5	9:38	4.7	3:18	0.3	3:06	0.1	5:47	8:27	
6	Thu	9:55	3.6	10:18	4.7	3:54	0.3	3:46	0.1	5:48	8:26	
7	Fri	10:36	3.7	10:58	4.6	4:31	0.3	4:26	0.2	5:48	8:26	
8	Sat	11:17	3.7	11:37	4.5	5:09	0.4	5:07	0.4	5:49	8:26	
9	Sun	11:59	3.7			5:48	0.4	5:50	0.5	5:49	8:26	
10	Mon	12:16	4.4	12:41	3.8	6:28	0.5	6:36	0.7	5:50	8:25	
11	Tue	12:57	4.2	1:26	3.8	7:11	0.5	7:26	0.8	5:51	8:25	
12	Wed	1:41	4.0	2:15	4.0	7:55	0.5	8:21	0.9	5:51	8:25	
13	Thu	2:30	3.9	3:09	4.1	8:43	0.5	9:18	0.8	5:52	8:24	
14	Fri	3:25	3.8	4:07	4.4	9:34	0.4	10:19	0.7	5:53	8:24	
15	Sat	4:24	3.7	5:06	4.7	10:29	0.2	11:21	0.5	5:53	8:23	
16	Sun	5:24	3.8	6:04	5.0	11:26	0.0			5:54	8:23	
17	Mon	6:23	3.9	7:00	5.3	12:22	0.2	12:24	-0.3	5:55	8:22	
18	Tue	7:20	4.1	7:55	5.6	1:21	-0.1	1:21	-0.6	5:55	8:22	
19	Wed	8:16	4.2	8:49	5.7	2:16	-0.4	2:17	-0.8	5:56	8:21	
20	Thu	9:11	4.4	9:42	5.7	3:08	-0.6	3:11	-1.0	5:57	8:20	
21	Fri	10:05	4.5	10:34	5.6	3:59	-0.8	4:05	-1.0	5:58	8:20	
22	Sat	10:59	4.5	11:25	5.3	4:49	-0.8	4:59	-0.8	5:58	8:19	
23	Sun	11:52	4.5			5:40	-0.7	5:54	-0.5	5:59	8:18	
24	Mon	12:16	4.9	12:45	4.4	6:31	-0.5	6:52	-0.2	6:00	8:18	
25	Tue	1:06	4.5	1:40	4.3	7:22	-0.3	7:51	0.1	6:01	8:17	
26	Wed	1:58	4.0	2:37	4.2	8:14	0.0	8:53	0.4	6:02	8:16	
27	Thu	2:53	3.6	3:37	4.1	9:06	0.2	9:55	0.7	6:02	8:15	
28	Fri	3:51	3.4	4:38	4.1	9:59	0.3	10:58	0.8	6:03	8:14	
29	Sat	4:51	3.2	5:35	4.1	10:52	0.4	11:58	0.8	6:04	8:13	
30	Sun	5:46	3.2	6:25	4.2	11:44	0.5			6:05	8:13	
31	Mon	6:36	3.3	7:10	4.4	12:51	0.8	12:33	0.4	6:06	8:12	