

Great Machipongo Inlet, VA - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:21	3.4	7:52	4.5	1:35	0.7	1:19	0.3	6:07	8:11	
2	Wed	8:04	3.6	8:33	4.6	2:14	0.6	2:02	0.3	6:07	8:10	
3	Thu	8:46	3.7	9:13	4.7	2:50	0.5	2:42	0.2	6:08	8:09	
4	Fri	9:28	3.9	9:52	4.8	3:25	0.4	3:22	0.2	6:09	8:08	
5	Sat	10:09	4.0	10:31	4.7	4:01	0.4	4:02	0.2	6:10	8:07	
6	Sun	10:49	4.1	11:09	4.6	4:37	0.3	4:43	0.3	6:11	8:06	
7	Mon	11:30	4.2	11:47	4.5	5:14	0.4	5:25	0.5	6:12	8:05	
8	Tue			12:11	4.2	5:53	0.4	6:10	0.6	6:12	8:04	
9	Wed	12:27	4.3	12:55	4.3	6:35	0.5	7:00	0.7	6:13	8:02	
10	Thu	1:10	4.1	1:43	4.4	7:20	0.5	7:55	0.8	6:14	8:01	
11	Fri	1:59	3.9	2:38	4.4	8:10	0.5	8:54	0.8	6:15	8:00	
12	Sat	2:55	3.8	3:38	4.6	9:05	0.4	9:56	0.8	6:16	7:59	
13	Sun	3:58	3.7	4:42	4.8	10:03	0.3	10:59	0.6	6:17	7:58	
14	Mon	5:02	3.8	5:43	5.1	11:04	0.1			6:17	7:57	
15	Tue	6:04	4.0	6:42	5.3	12:02	0.4	12:05	-0.2	6:18	7:55	
16	Wed	7:02	4.2	7:38	5.5	1:02	0.0	1:05	-0.5	6:19	7:54	
17	Thu	7:59	4.4	8:31	5.6	1:57	-0.3	2:02	-0.7	6:20	7:53	
18	Fri	8:53	4.7	9:23	5.6	2:48	-0.5	2:57	-0.9	6:21	7:51	
19	Sat	9:45	4.8	10:13	5.4	3:36	-0.7	3:49	-0.9	6:22	7:50	
20	Sun	10:37	4.9	11:02	5.1	4:24	-0.7	4:41	-0.7	6:23	7:49	
21	Mon	11:27	4.9	11:50	4.8	5:11	-0.6	5:34	-0.4	6:23	7:48	
22	Tue			12:17	4.7	5:58	-0.3	6:28	-0.1	6:24	7:46	
23	Wed	12:37	4.3	1:08	4.6	6:47	-0.1	7:24	0.3	6:25	7:45	
24	Thu	1:26	3.9	2:00	4.3	7:37	0.2	8:22	0.7	6:26	7:43	
25	Fri	2:18	3.6	2:57	4.2	8:28	0.5	9:21	0.9	6:27	7:42	
26	Sat	3:14	3.3	3:58	4.1	9:22	0.7	10:22	1.1	6:28	7:41	
27	Sun	4:15	3.2	4:58	4.1	10:16	0.8	11:21	1.1	6:28	7:39	
28	Mon	5:14	3.3	5:53	4.2	11:11	0.8			6:29	7:38	
29	Tue	6:07	3.4	6:40	4.3	12:15	1.1	12:03	0.7	6:30	7:36	
30	Wed	6:53	3.6	7:23	4.5	1:00	1.0	12:51	0.6	6:31	7:35	
31	Thu	7:37	3.9	8:04	4.7	1:39	0.8	1:36	0.5	6:32	7:34	