

Great Machipongo Inlet, VA - Mar 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:29	4.6	10:52	4.6	4:10	-1.2	4:35	-1.0	6:34	5:56	
2	Fri	11:17	4.2	11:43	4.4	5:03	-0.9	5:23	-0.7	6:33	5:57	
3	Sat			12:05	3.8	5:58	-0.5	6:14	-0.4	6:31	5:58	
4	Sun	12:35	4.1	12:56	3.4	6:55	-0.1	7:06	-0.1	6:30	5:59	
5	Mon	1:30	3.9	1:51	3.1	7:54	0.2	8:01	0.1	6:28	6:00	
6	Tue	2:31	3.7	2:52	2.9	8:56	0.5	8:58	0.3	6:27	6:01	
7	Wed	3:36	3.6	3:55	2.8	9:59	0.6	9:56	0.4	6:25	6:02	
8	Thu	4:37	3.6	4:52	2.9	10:58	0.6	10:52	0.3	6:24	6:02	
9	Fri	5:30	3.7	5:41	3.1	11:48	0.6	11:43	0.2	6:23	6:03	
10	Sat	6:15	3.9	6:25	3.4			12:30	0.4	6:21	6:04	
11	Sun	6:56	4.0	7:07	3.6	12:29	0.0	1:06	0.3	6:20	6:05	
12	Mon	7:35	4.2	7:47	3.8	1:10	-0.1	1:41	0.2	6:18	6:06	
13	Tue	8:13	4.2	8:27	4.0	1:50	-0.2	2:16	0.0	6:17	6:07	
14	Wed	8:52	4.3	9:06	4.2	2:29	-0.3	2:51	0.0	6:15	6:08	
15	Thu	9:29	4.2	9:45	4.3	3:08	-0.2	3:27	0.0	6:14	6:09	
16	Fri	10:07	4.1	10:25	4.3	3:48	-0.2	4:04	0.0	6:12	6:10	
17	Sat	10:46	4.0	11:06	4.3	4:30	0.0	4:44	0.1	6:11	6:11	
18	Sun	11:27	3.8	11:51	4.3	5:16	0.1	5:27	0.2	6:09	6:12	
19	Mon			12:13	3.6	6:07	0.3	6:16	0.2	6:08	6:13	
20	Tue	12:42	4.3	1:05	3.5	7:03	0.4	7:11	0.3	6:06	6:14	
21	Wed	1:40	4.3	2:06	3.4	8:03	0.4	8:12	0.2	6:05	6:15	
22	Thu	2:45	4.3	3:12	3.4	9:06	0.4	9:16	0.1	6:03	6:15	
23	Fri	3:51	4.4	4:17	3.6	10:09	0.2	10:20	-0.2	6:02	6:16	
24	Sat	4:54	4.6	5:19	3.9	11:10	-0.1	11:24	-0.5	6:00	6:17	
25	Sun	5:53	4.7	6:16	4.3			12:07	-0.4	5:59	6:18	
26	Mon	6:47	4.8	7:09	4.6	12:24	-0.8	12:59	-0.7	5:57	6:19	
27	Tue	7:39	4.9	8:01	4.8	1:19	-1.1	1:47	-0.9	5:56	6:20	
28	Wed	8:29	4.8	8:51	5.0	2:12	-1.2	2:33	-1.0	5:54	6:21	
29	Thu	9:17	4.6	9:39	5.0	3:02	-1.2	3:19	-0.9	5:53	6:22	
30	Fri	10:04	4.3	10:27	4.8	3:52	-1.0	4:04	-0.7	5:51	6:23	
31	Sat	10:51	4.0	11:14	4.6	4:42	-0.7	4:51	-0.4	5:50	6:24	