

Great Machipongo Inlet, VA - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:40	3.7	3:20	4.1	8:49	0.7	9:30	1.1	6:06	8:11	
2	Thu	3:35	3.6	4:17	4.3	9:40	0.6	10:29	1.0	6:07	8:10	
3	Fri	4:34	3.6	5:15	4.6	10:34	0.5	11:29	0.8	6:08	8:09	
4	Sat	5:33	3.7	6:11	4.9	11:31	0.2			6:09	8:08	
5	Sun	6:29	3.9	7:05	5.3	12:28	0.5	12:29	-0.1	6:10	8:07	
6	Mon	7:24	4.1	7:58	5.5	1:24	0.1	1:25	-0.4	6:11	8:06	
7	Tue	8:18	4.4	8:50	5.7	2:16	-0.2	2:19	-0.7	6:11	8:05	
8	Wed	9:11	4.6	9:42	5.7	3:07	-0.5	3:12	-0.8	6:12	8:04	
9	Thu	10:04	4.8	10:33	5.6	3:56	-0.7	4:06	-0.9	6:13	8:03	
10	Fri	10:57	4.9	11:23	5.3	4:45	-0.7	5:00	-0.8	6:14	8:02	
11	Sat	11:50	4.9			5:34	-0.7	5:56	-0.5	6:15	8:00	
12	Sun	12:14	5.0	12:44	4.8	6:25	-0.5	6:54	-0.2	6:16	7:59	
13	Mon	1:05	4.5	1:39	4.7	7:18	-0.3	7:55	0.1	6:16	7:58	
14	Tue	2:00	4.1	2:39	4.5	8:12	0.0	8:59	0.4	6:17	7:57	
15	Wed	2:58	3.7	3:42	4.4	9:08	0.2	10:04	0.6	6:18	7:56	
16	Thu	4:01	3.4	4:48	4.3	10:05	0.3	11:11	0.7	6:19	7:54	
17	Fri	5:05	3.3	5:48	4.3	11:03	0.4			6:20	7:53	
18	Sat	6:03	3.3	6:40	4.4	12:13	0.7	11:59 AM	0.4	6:21	7:52	
19	Sun	6:53	3.4	7:25	4.5	1:06	0.7	12:50	0.4	6:22	7:50	
20	Mon	7:37	3.6	8:06	4.6	1:49	0.6	1:36	0.3	6:22	7:49	
21	Tue	8:18	3.8	8:45	4.7	2:26	0.5	2:18	0.2	6:23	7:48	
22	Wed	8:59	3.9	9:24	4.7	3:00	0.4	2:58	0.2	6:24	7:47	
23	Thu	9:39	4.1	10:02	4.7	3:34	0.4	3:37	0.2	6:25	7:45	
24	Fri	10:19	4.2	10:40	4.6	4:08	0.4	4:15	0.3	6:26	7:44	
25	Sat	10:58	4.3	11:17	4.5	4:43	0.4	4:55	0.4	6:27	7:42	
26	Sun	11:38	4.3	11:55	4.3	5:19	0.5	5:37	0.6	6:27	7:41	
27	Mon			12:18	4.3	5:57	0.6	6:21	0.8	6:28	7:40	
28	Tue	12:35	4.1	1:01	4.3	6:38	0.7	7:10	1.0	6:29	7:38	
29	Wed	1:17	3.9	1:48	4.3	7:22	0.8	8:03	1.1	6:30	7:37	
30	Thu	2:05	3.7	2:43	4.4	8:12	0.8	9:01	1.1	6:31	7:35	
31	Fri	3:02	3.6	3:43	4.5	9:07	0.8	10:01	1.0	6:32	7:34	