

Great Machipongo Inlet, VA - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:31	4.7	7:45	3.4	12:58	-0.7	1:54	-0.4	7:17	4:55	
2	Wed	8:16	4.7	8:30	3.4	1:44	-0.7	2:37	-0.4	7:17	4:56	
3	Thu	9:00	4.6	9:14	3.4	2:27	-0.7	3:19	-0.3	7:17	4:56	
4	Fri	9:42	4.5	9:58	3.3	3:10	-0.6	3:59	-0.2	7:17	4:57	
5	Sat	10:24	4.3	10:41	3.3	3:52	-0.4	4:40	-0.1	7:17	4:58	
6	Sun	11:05	4.1	11:24	3.2	4:35	-0.1	5:21	0.1	7:17	4:59	
7	Mon	11:47	3.9			5:20	0.1	6:03	0.2	7:17	5:00	
8	Tue	12:09	3.2	12:30	3.7	6:08	0.4	6:46	0.4	7:17	5:01	
9	Wed	12:57	3.2	1:16	3.4	6:58	0.6	7:30	0.4	7:17	5:02	
10	Thu	1:49	3.2	2:06	3.3	7:52	0.7	8:16	0.5	7:17	5:03	
11	Fri	2:44	3.4	3:00	3.2	8:47	0.8	9:04	0.4	7:17	5:04	
12	Sat	3:40	3.6	3:55	3.1	9:44	0.7	9:54	0.3	7:17	5:05	
13	Sun	4:33	3.9	4:48	3.2	10:42	0.6	10:46	0.1	7:16	5:06	
14	Mon	5:25	4.2	5:39	3.3	11:37	0.3	11:37	-0.2	7:16	5:07	
15	Tue	6:14	4.5	6:29	3.5			12:30	0.0	7:16	5:08	
16	Wed	7:03	4.9	7:19	3.7	12:28	-0.5	1:20	-0.3	7:15	5:09	
17	Thu	7:52	5.1	8:09	3.8	1:17	-0.8	2:08	-0.5	7:15	5:10	
18	Fri	8:41	5.2	8:59	4.0	2:07	-1.0	2:55	-0.7	7:15	5:11	
19	Sat	9:29	5.3	9:49	4.1	2:56	-1.1	3:43	-0.8	7:14	5:12	
20	Sun	10:18	5.1	10:41	4.1	3:47	-1.1	4:32	-0.9	7:14	5:13	
21	Mon	11:08	4.9	11:34	4.1	4:41	-1.0	5:23	-0.8	7:13	5:14	
22	Tue	11:59	4.5			5:38	-0.7	6:15	-0.7	7:13	5:15	
23	Wed	12:29	4.0	12:52	4.1	6:38	-0.5	7:09	-0.6	7:12	5:16	
24	Thu	1:28	4.0	1:49	3.7	7:41	-0.2	8:05	-0.5	7:12	5:17	
25	Fri	2:32	3.9	2:51	3.3	8:47	0.0	9:02	-0.4	7:11	5:18	
26	Sat	3:38	3.9	3:55	3.1	9:54	0.1	10:00	-0.4	7:10	5:19	
27	Sun	4:42	4.0	4:56	3.0	11:01	0.1	10:58	-0.4	7:10	5:20	
28	Mon	5:40	4.1	5:52	3.0			12:03	0.0	7:09	5:21	
29	Tue	6:30	4.2	6:41	3.1			12:54	-0.1	7:08	5:23	
30	Wed	7:16	4.3	7:26	3.2	12:42	-0.5	1:38	-0.2	7:08	5:24	
31	Thu	7:59	4.3	8:09	3.3	1:27	-0.6	2:17	-0.3	7:07	5:25	