

Great Machipongo Inlet, VA - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:15	4.2	8:26	3.7	1:50	-0.4	2:24	-0.1	6:33	5:56	
2	Sun	8:53	4.2	9:05	3.8	2:28	-0.4	2:57	-0.1	6:32	5:57	
3	Mon	9:30	4.1	9:44	3.9	3:06	-0.3	3:31	0.0	6:30	5:58	
4	Tue	10:07	4.0	10:22	3.9	3:44	-0.2	4:06	0.1	6:29	5:59	
5	Wed	10:44	3.9	11:01	3.9	4:24	0.0	4:42	0.2	6:27	6:00	
6	Thu	11:22	3.7	11:42	3.9	5:06	0.2	5:21	0.3	6:26	6:01	
7	Fri			12:02	3.5	5:51	0.4	6:03	0.4	6:24	6:02	
8	Sat	12:26	3.9	12:46	3.3	6:40	0.6	6:49	0.5	6:23	6:03	
9	Sun	1:16	3.8	1:38	3.2	7:34	0.7	7:42	0.5	6:22	6:04	
10	Mon	2:14	3.9	2:37	3.1	8:33	0.7	8:40	0.4	6:20	6:05	
11	Tue	3:17	4.0	3:40	3.3	9:34	0.6	9:40	0.2	6:19	6:06	
12	Wed	4:19	4.3	4:42	3.5	10:35	0.4	10:42	-0.1	6:17	6:07	
13	Thu	5:18	4.6	5:39	3.8	11:33	0.0	11:42	-0.5	6:16	6:08	
14	Fri	6:14	4.9	6:34	4.2			12:27	-0.3	6:14	6:09	
15	Sat	7:06	5.1	7:27	4.6	12:39	-0.9	1:18	-0.7	6:13	6:10	
16	Sun	7:58	5.1	8:18	4.9	1:34	-1.2	2:06	-1.0	6:11	6:11	
17	Mon	8:48	5.1	9:10	5.0	2:26	-1.3	2:54	-1.1	6:10	6:12	
18	Tue	9:38	4.9	10:01	5.1	3:19	-1.3	3:41	-1.1	6:08	6:13	
19	Wed	10:27	4.6	10:52	5.0	4:12	-1.2	4:30	-0.9	6:07	6:13	
20	Thu	11:17	4.2	11:44	4.8	5:07	-0.9	5:20	-0.7	6:05	6:14	
21	Fri			12:09	3.8	6:04	-0.5	6:14	-0.4	6:04	6:15	
22	Sat	12:39	4.5	1:04	3.4	7:04	-0.1	7:10	-0.1	6:02	6:16	
23	Sun	1:38	4.1	2:04	3.1	8:06	0.2	8:10	0.2	6:01	6:17	
24	Mon	2:44	3.9	3:11	3.0	9:11	0.4	9:12	0.3	5:59	6:18	
25	Tue	3:52	3.8	4:17	3.0	10:16	0.5	10:15	0.3	5:58	6:19	
26	Wed	4:54	3.8	5:13	3.2	11:14	0.5	11:13	0.3	5:56	6:20	
27	Thu	5:45	3.8	5:59	3.4			12:02	0.4	5:55	6:21	
28	Fri	6:28	3.9	6:40	3.6	12:04	0.2	12:41	0.3	5:53	6:22	
29	Sat	7:07	4.0	7:20	3.9	12:48	0.0	1:15	0.2	5:52	6:22	
30	Sun	7:45	4.1	7:58	4.1	1:27	-0.1	1:48	0.1	5:50	6:23	
31	Mon	8:23	4.1	8:37	4.2	2:05	-0.1	2:22	0.1	5:49	6:24	