

Great Machipongo Inlet, VA - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:22	3.9	11:52	4.7	5:15	-0.6	5:24	-0.5	6:33	5:56	
2	Fri			12:13	3.5	6:12	-0.3	6:17	-0.4	6:32	5:57	
3	Sat	12:48	4.5	1:09	3.2	7:15	0.1	7:15	-0.2	6:31	5:58	
4	Sun	1:52	4.3	2:13	2.9	8:21	0.3	8:19	-0.1	6:29	5:59	
5	Mon	3:04	4.1	3:25	2.8	9:32	0.4	9:26	0.0	6:28	6:00	
6	Tue	4:17	4.1	4:36	2.9	10:42	0.4	10:34	-0.1	6:26	6:01	
7	Wed	5:23	4.1	5:38	3.1	11:45	0.2	11:37	-0.2	6:25	6:02	
8	Thu	6:18	4.2	6:30	3.4			12:35	0.1	6:24	6:03	
9	Fri	7:04	4.2	7:15	3.7	12:33	-0.4	1:17	-0.1	6:22	6:04	
10	Sat	7:45	4.2	7:57	3.9	1:21	-0.5	1:53	-0.2	6:21	6:05	
11	Sun	8:24	4.1	8:37	4.1	2:04	-0.6	2:28	-0.3	6:19	6:06	
12	Mon	9:01	4.0	9:16	4.2	2:45	-0.5	3:01	-0.2	6:18	6:07	
13	Tue	9:38	3.9	9:54	4.2	3:24	-0.4	3:34	-0.1	6:16	6:07	
14	Wed	10:15	3.7	10:33	4.2	4:04	-0.2	4:09	0.0	6:15	6:08	
15	Thu	10:53	3.5	11:13	4.1	4:44	0.1	4:45	0.2	6:13	6:09	
16	Fri	11:32	3.2	11:56	3.9	5:27	0.4	5:25	0.4	6:12	6:10	
17	Sat			12:14	3.0	6:13	0.7	6:09	0.6	6:10	6:11	
18	Sun	12:43	3.8	1:00	2.9	7:04	0.9	6:59	0.7	6:09	6:12	
19	Mon	1:37	3.7	1:55	2.8	7:59	1.1	7:55	0.8	6:07	6:13	
20	Tue	2:39	3.7	2:57	2.8	8:57	1.1	8:54	0.7	6:06	6:14	
21	Wed	3:41	3.8	3:59	3.0	9:55	1.0	9:55	0.5	6:04	6:15	
22	Thu	4:39	4.0	4:56	3.3	10:50	0.7	10:54	0.2	6:03	6:16	
23	Fri	5:31	4.3	5:48	3.8	11:40	0.4	11:50	-0.1	6:01	6:17	
24	Sat	6:19	4.5	6:37	4.2			12:27	0.0	6:00	6:18	
25	Sun	7:06	4.6	7:25	4.7	12:44	-0.5	1:11	-0.3	5:58	6:18	
26	Mon	7:53	4.6	8:13	5.0	1:35	-0.7	1:54	-0.6	5:57	6:19	
27	Tue	8:40	4.6	9:01	5.3	2:25	-0.9	2:38	-0.7	5:55	6:20	
28	Wed	9:27	4.4	9:50	5.4	3:15	-0.9	3:23	-0.8	5:54	6:21	
29	Thu	10:15	4.1	10:41	5.3	4:07	-0.8	4:10	-0.7	5:52	6:22	
30	Fri	11:05	3.8	11:35	5.1	5:02	-0.5	5:02	-0.5	5:51	6:23	
31	Sat	11:58	3.5			6:00	-0.2	5:58	-0.2	5:49	6:24	