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# Great Machipongo Inlet, VA - Jun 1990

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 3:46 | 3.7 | 4:28 | 3.7 | 10:01 | 0.4 | 10:35 | 0.7 | 5:43 | 8:17 | |
| 2 | Sat | 4:43 | 3.4 | 5:22 | 3.9 | 10:48 | 0.5 | 11:36 | 0.7 | 5:43 | 8:18 | |
| 3 | Sun | 5:34 | 3.3 | 6:09 | 4.1 | 11:32 | 0.5 | | | 5:42 | 8:19 | |
| 4 | Mon | 6:22 | 3.2 | 6:51 | 4.3 | 12:31 | 0.7 | 12:15 | 0.5 | 5:42 | 8:19 | |
| 5 | Tue | 7:05 | 3.2 | 7:33 | 4.4 | 1:19 | 0.6 | 12:57 | 0.4 | 5:42 | 8:20 | |
| 6 | Wed | 7:48 | 3.2 | 8:14 | 4.6 | 2:01 | 0.5 | 1:38 | 0.4 | 5:42 | 8:20 | |
| 7 | Thu | 8:30 | 3.3 | 8:55 | 4.7 | 2:40 | 0.5 | 2:19 | 0.3 | 5:41 | 8:21 | |
| 8 | Fri | 9:12 | 3.3 | 9:37 | 4.7 | 3:18 | 0.4 | 2:59 | 0.3 | 5:41 | 8:21 | |
| 9 | Sat | 9:54 | 3.4 | 10:18 | 4.7 | 3:56 | 0.4 | 3:39 | 0.3 | 5:41 | 8:22 | |
| 10 | Sun | 10:35 | 3.4 | 10:59 | 4.7 | 4:35 | 0.5 | 4:20 | 0.3 | 5:41 | 8:22 | |
| 11 | Mon | 11:17 | 3.4 | 11:40 | 4.7 | 5:15 | 0.5 | 5:02 | 0.4 | 5:41 | 8:23 | |
| 12 | Tue | | | 12:00 | 3.4 | 5:57 | 0.5 | 5:47 | 0.5 | 5:41 | 8:23 | |
| 13 | Wed | 12:21 | 4.6 | 12:45 | 3.5 | 6:40 | 0.5 | 6:37 | 0.6 | 5:41 | 8:24 | |
| 14 | Thu | 1:05 | 4.4 | 1:33 | 3.7 | 7:25 | 0.5 | 7:32 | 0.7 | 5:41 | 8:24 | |
| 15 | Fri | 1:52 | 4.2 | 2:27 | 3.9 | 8:12 | 0.4 | 8:32 | 0.7 | 5:41 | 8:25 | |
| 16 | Sat | 2:44 | 4.0 | 3:24 | 4.1 | 9:00 | 0.3 | 9:34 | 0.6 | 5:41 | 8:25 | |
| 17 | Sun | 3:41 | 3.8 | 4:24 | 4.5 | 9:51 | 0.2 | 10:37 | 0.5 | 5:41 | 8:25 | |
| 18 | Mon | 4:42 | 3.7 | 5:23 | 4.8 | 10:44 | 0.0 | 11:42 | 0.3 | 5:41 | 8:26 | |
| 19 | Tue | 5:42 | 3.6 | 6:21 | 5.2 | 11:40 | -0.2 | | | 5:41 | 8:26 | |
| 20 | Wed | 6:40 | 3.6 | 7:17 | 5.4 | 12:45 | 0.0 | 12:37 | -0.4 | 5:42 | 8:26 | |
| 21 | Thu | 7:37 | 3.7 | 8:13 | 5.6 | 1:45 | -0.2 | 1:34 | -0.6 | 5:42 | 8:26 | |
| 22 | Fri | 8:33 | 3.7 | 9:08 | 5.6 | 2:41 | -0.4 | 2:29 | -0.7 | 5:42 | 8:27 | |
| 23 | Sat | 9:28 | 3.8 | 10:02 | 5.6 | 3:34 | -0.4 | 3:23 | -0.8 | 5:42 | 8:27 | |
| 24 | Sun | 10:22 | 3.8 | 10:54 | 5.4 | 4:25 | -0.4 | 4:16 | -0.7 | 5:43 | 8:27 | |
| 25 | Mon | 11:15 | 3.8 | 11:44 | 5.1 | 5:15 | -0.4 | 5:10 | -0.5 | 5:43 | 8:27 | |
| 26 | Tue | | | 12:07 | 3.8 | 6:04 | -0.2 | 6:05 | -0.2 | 5:43 | 8:27 | |
| 27 | Wed | 12:32 | 4.7 | 12:59 | 3.8 | 6:53 | -0.1 | 7:01 | 0.1 | 5:44 | 8:27 | |
| 28 | Thu | 1:20 | 4.2 | 1:52 | 3.8 | 7:41 | 0.1 | 7:59 | 0.5 | 5:44 | 8:27 | |
| 29 | Fri | 2:09 | 3.8 | 2:46 | 3.8 | 8:27 | 0.3 | 8:58 | 0.7 | 5:44 | 8:27 | |
| 30 | Sat | 3:00 | 3.4 | 3:42 | 3.8 | 9:13 | 0.5 | 9:57 | 0.9 | 5:45 | 8:27 | |