

Great Machipongo Inlet, VA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:53	3.2	4:37	3.9	9:58	0.6	10:57	1.0	5:45	8:27	
2	Mon	4:48	3.0	5:30	4.0	10:44	0.6	11:54	1.0	5:46	8:27	
3	Tue	5:40	3.0	6:18	4.2	11:32	0.6			5:46	8:27	
4	Wed	6:30	3.0	7:04	4.4	12:47	0.9	12:20	0.6	5:47	8:27	
5	Thu	7:16	3.1	7:49	4.5	1:33	0.8	1:07	0.5	5:47	8:27	
6	Fri	8:01	3.2	8:32	4.7	2:14	0.7	1:52	0.3	5:48	8:26	
7	Sat	8:45	3.4	9:14	4.8	2:53	0.6	2:35	0.2	5:48	8:26	
8	Sun	9:28	3.5	9:55	4.9	3:32	0.5	3:17	0.2	5:49	8:26	
9	Mon	10:11	3.6	10:36	4.9	4:10	0.4	3:59	0.1	5:49	8:26	
10	Tue	10:54	3.7	11:16	4.8	4:49	0.3	4:42	0.2	5:50	8:25	
11	Wed	11:37	3.9	11:56	4.7	5:28	0.3	5:29	0.3	5:51	8:25	
12	Thu			12:21	4.0	6:10	0.2	6:19	0.4	5:51	8:25	
13	Fri	12:39	4.5	1:09	4.2	6:53	0.2	7:13	0.5	5:52	8:24	
14	Sat	1:24	4.2	2:00	4.3	7:39	0.2	8:12	0.6	5:53	8:24	
15	Sun	2:15	3.9	2:58	4.5	8:28	0.2	9:15	0.6	5:53	8:23	
16	Mon	3:13	3.6	4:00	4.6	9:21	0.1	10:20	0.6	5:54	8:23	
17	Tue	4:16	3.4	5:03	4.9	10:18	0.0	11:27	0.5	5:55	8:22	
18	Wed	5:20	3.4	6:06	5.1	11:19	-0.1			5:56	8:22	
19	Thu	6:23	3.4	7:05	5.2	12:33	0.3	12:20	-0.3	5:56	8:21	
20	Fri	7:22	3.6	8:01	5.4	1:33	0.1	1:20	-0.5	5:57	8:20	
21	Sat	8:18	3.7	8:55	5.4	2:28	-0.1	2:17	-0.6	5:58	8:20	
22	Sun	9:12	3.9	9:45	5.3	3:17	-0.2	3:10	-0.7	5:59	8:19	
23	Mon	10:03	4.0	10:33	5.1	4:04	-0.3	4:01	-0.6	5:59	8:18	
24	Tue	10:53	4.1	11:18	4.8	4:48	-0.3	4:51	-0.4	6:00	8:18	
25	Wed	11:40	4.1			5:31	-0.2	5:41	-0.1	6:01	8:17	
26	Thu	12:02	4.5	12:27	4.1	6:14	0.0	6:32	0.2	6:02	8:16	
27	Fri	12:44	4.1	1:13	4.1	6:56	0.2	7:25	0.6	6:03	8:15	
28	Sat	1:28	3.7	2:02	4.0	7:39	0.4	8:19	0.9	6:03	8:14	
29	Sun	2:15	3.4	2:54	3.9	8:23	0.6	9:15	1.1	6:04	8:13	
30	Mon	3:06	3.1	3:51	3.9	9:10	0.8	10:13	1.2	6:05	8:13	
31	Tue	4:03	3.0	4:49	4.0	10:00	0.9	11:12	1.3	6:06	8:12	