
































Great Machipongo Inlet, VA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:55	5.0	7:13	4.2	1:28	0.3	1:08	0.3	6:27	5:04	
2	Mon	7:38	5.2	7:57	4.2	1:09	0.1	1:53	0.1	6:28	5:03	
3	Tue	8:22	5.4	8:41	4.1	1:51	0.0	2:39	0.1	6:30	5:02	
4	Wed	9:09	5.5	9:28	4.0	2:34	-0.1	3:27	0.1	6:31	5:01	
5	Thu	9:57	5.5	10:16	3.9	3:20	-0.1	4:17	0.2	6:32	5:00	
6	Fri	10:48	5.4	11:08	3.7	4:09	0.0	5:11	0.3	6:33	4:59	
7	Sat	11:42	5.2			5:04	0.1	6:09	0.4	6:34	4:58	
8	Sun	12:04	3.6	12:39	4.9	6:04	0.2	7:08	0.5	6:35	4:58	
9	Mon	1:06	3.6	1:41	4.6	7:09	0.4	8:08	0.4	6:36	4:57	
10	Tue	2:14	3.7	2:45	4.4	8:17	0.4	9:06	0.3	6:37	4:56	
11	Wed	3:23	3.9	3:49	4.2	9:26	0.4	10:01	0.2	6:38	4:55	
12	Thu	4:27	4.2	4:47	4.1	10:32	0.3	10:52	0.0	6:39	4:54	
13	Fri	5:22	4.5	5:39	3.9	11:34	0.2	11:41	-0.1	6:40	4:53	
14	Sat	6:11	4.8	6:28	3.8			12:30	0.0	6:41	4:53	
15	Sun	6:57	5.0	7:13	3.8	12:27	-0.2	1:20	-0.1	6:42	4:52	
16	Mon	7:41	5.1	7:57	3.7	1:10	-0.2	2:05	-0.1	6:43	4:51	
17	Tue	8:25	5.0	8:40	3.6	1:52	-0.2	2:48	0.0	6:44	4:51	
18	Wed	9:08	5.0	9:23	3.5	2:33	-0.1	3:30	0.2	6:45	4:50	
19	Thu	9:51	4.8	10:06	3.4	3:14	0.0	4:12	0.4	6:46	4:49	
20	Fri	10:34	4.6	10:50	3.3	3:56	0.2	4:56	0.6	6:47	4:49	
21	Sat	11:18	4.4	11:35	3.2	4:40	0.4	5:41	0.8	6:48	4:48	
22	Sun			12:03	4.2	5:27	0.7	6:27	0.9	6:49	4:48	
23	Mon	12:23	3.1	12:50	4.0	6:18	0.9	7:14	1.0	6:50	4:47	
24	Tue	1:15	3.2	1:40	3.8	7:13	1.0	7:59	1.0	6:51	4:47	
25	Wed	2:11	3.3	2:32	3.7	8:09	1.1	8:45	0.9	6:52	4:46	
26	Thu	3:08	3.5	3:25	3.6	9:06	1.0	9:30	0.7	6:53	4:46	
27	Fri	4:01	3.8	4:17	3.6	10:03	0.9	10:16	0.5	6:54	4:46	
28	Sat	4:51	4.2	5:06	3.6	10:58	0.7	11:03	0.3	6:55	4:45	
29	Sun	5:38	4.6	5:54	3.7	11:52	0.4	11:50	0.1	6:56	4:45	
30	Mon	6:25	4.9	6:42	3.8			12:43	0.2	6:57	4:45	