

































Great Machipongo Inlet, VA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:36	5.5	8:54	3.9	1:59	-1.1	2:54	-0.7	7:17	4:55	
2	Sat	9:27	5.4	9:47	4.0	2:51	-1.2	3:44	-0.8	7:17	4:56	
3	Sun	10:18	5.2	10:40	4.1	3:45	-1.1	4:33	-0.8	7:17	4:57	
4	Mon	11:08	4.9	11:34	4.1	4:40	-1.0	5:24	-0.8	7:17	4:58	
5	Tue	11:58	4.4			5:38	-0.7	6:15	-0.6	7:17	4:59	
6	Wed	12:30	4.0	12:51	3.9	6:39	-0.3	7:07	-0.5	7:17	5:00	
7	Thu	1:29	3.9	1:46	3.5	7:43	0.0	8:00	-0.3	7:17	5:00	
8	Fri	2:32	3.9	2:46	3.1	8:49	0.2	8:55	-0.2	7:17	5:01	
9	Sat	3:37	3.9	3:49	2.8	9:57	0.3	9:50	-0.1	7:17	5:02	
10	Sun	4:39	3.9	4:48	2.8	11:04	0.4	10:46	-0.1	7:17	5:03	
11	Mon	5:35	4.0	5:42	2.8			12:04	0.3	7:16	5:04	
12	Tue	6:24	4.1	6:29	2.8			12:53	0.2	7:16	5:05	
13	Wed	7:08	4.2	7:13	3.0	12:28	-0.2	1:34	0.2	7:16	5:06	
14	Thu	7:49	4.2	7:55	3.1	1:12	-0.3	2:10	0.1	7:16	5:07	
15	Fri	8:28	4.3	8:36	3.2	1:53	-0.4	2:44	0.1	7:15	5:08	
16	Sat	9:07	4.3	9:17	3.3	2:32	-0.4	3:18	0.0	7:15	5:09	
17	Sun	9:44	4.2	9:57	3.4	3:11	-0.3	3:53	0.1	7:15	5:10	
18	Mon	10:21	4.1	10:37	3.5	3:51	-0.2	4:28	0.1	7:14	5:11	
19	Tue	10:58	3.9	11:17	3.5	4:31	0.0	5:04	0.2	7:14	5:12	
20	Wed	11:35	3.7	11:58	3.5	5:15	0.2	5:42	0.2	7:13	5:13	
21	Thu			12:15	3.5	6:01	0.4	6:22	0.3	7:13	5:15	
22	Fri	12:44	3.6	12:58	3.3	6:53	0.5	7:07	0.3	7:12	5:16	
23	Sat	1:35	3.7	1:50	3.1	7:49	0.6	7:57	0.3	7:12	5:17	
24	Sun	2:33	3.8	2:49	3.0	8:50	0.6	8:52	0.1	7:11	5:18	
25	Mon	3:36	4.0	3:52	3.0	9:53	0.5	9:52	-0.1	7:11	5:19	
26	Tue	4:38	4.3	4:54	3.1	10:57	0.3	10:53	-0.4	7:10	5:20	
27	Wed	5:37	4.7	5:52	3.3	11:57	0.0	11:53	-0.7	7:09	5:21	
28	Thu	6:33	5.0	6:49	3.6			12:53	-0.4	7:09	5:22	
29	Fri	7:27	5.2	7:43	3.9	12:50	-1.1	1:44	-0.7	7:08	5:23	
30	Sat	8:19	5.3	8:36	4.2	1:45	-1.3	2:33	-1.0	7:07	5:24	
31	Sun	9:09	5.2	9:29	4.3	2:38	-1.5	3:20	-1.1	7:06	5:25	