

Lanark, St. George Sound, FL - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:17	2.6	5:20	2.6			12:02	1.5	6:41	8:43	
2	Fri	6:53	2.6	6:22	2.4	12:14	0.3	12:57	1.3	6:41	8:43	
3	Sat	7:30	2.7	7:35	2.1	12:50	0.7	2:04	1.1	6:42	8:43	
4	Sun	8:09	2.7	9:02	1.9	1:29	1.0	3:24	0.9	6:42	8:43	
5	Mon	8:52	2.8	11:05	1.9	2:18	1.4	4:42	0.6	6:42	8:43	
6	Tue	9:39	2.9			3:38	1.7	5:46	0.2	6:43	8:42	
7	Wed	1:39	2.1	10:33 AM	2.9	5:03	1.9	6:41	-0.1	6:43	8:42	
8	Thu	2:33	2.3	11:32 AM	3.0	6:10	2.0	7:32	-0.3	6:44	8:42	
9	Fri	3:08	2.4	12:32	3.1	7:08	2.0	8:19	-0.4	6:44	8:42	
10	Sat	3:38	2.5	1:26	3.2	8:02	1.9	9:04	-0.4	6:45	8:42	
11	Sun	4:06	2.5	2:15	3.2	8:53	1.8	9:45	-0.3	6:45	8:41	
12	Mon	4:34	2.6	3:01	3.1	9:41	1.6	10:24	-0.2	6:46	8:41	
13	Tue	5:01	2.6	3:44	3.0	10:26	1.5	10:59	0.0	6:46	8:41	
14	Wed	5:28	2.6	4:28	2.8	11:10	1.4	11:33	0.3	6:47	8:41	
15	Thu	5:56	2.6	5:14	2.6	11:53	1.3			6:47	8:40	
16	Fri	6:25	2.6	6:05	2.3	12:05	0.6	12:39	1.2	6:48	8:40	
17	Sat	6:57	2.6	7:04	2.1	12:34	0.9	1:32	1.2	6:49	8:40	
18	Sun	7:32	2.6	8:13	1.9	1:02	1.2	2:38	1.1	6:49	8:39	
19	Mon	8:11	2.6	9:42	1.8	1:24	1.4	3:58	1.0	6:50	8:39	
20	Tue	8:55	2.6			1:19	1.7	5:10	0.8	6:50	8:38	
21	Wed	9:44	2.6					6:05	0.5	6:51	8:38	
22	Thu	2:37	2.1	10:40 AM	2.7	5:26	2.0	6:52	0.3	6:51	8:37	
23	Fri	2:46	2.2	11:39 AM	2.8	6:26	2.0	7:34	0.1	6:52	8:37	
24	Sat	3:02	2.3	12:36	2.9	7:16	1.9	8:14	0.0	6:53	8:36	
25	Sun	3:21	2.5	1:26	3.0	8:02	1.8	8:53	-0.1	6:53	8:36	
26	Mon	3:43	2.6	2:12	3.1	8:47	1.7	9:31	-0.1	6:54	8:35	
27	Tue	4:07	2.6	2:56	3.1	9:30	1.6	10:07	-0.1	6:54	8:34	
28	Wed	4:32	2.7	3:41	3.1	10:14	1.4	10:43	0.1	6:55	8:34	
29	Thu	5:00	2.8	4:29	2.9	10:58	1.2	11:18	0.3	6:56	8:33	
30	Fri	5:30	2.8	5:22	2.7	11:44	1.0	11:51	0.7	6:56	8:32	

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		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	6:03	2.8	6:23	2.4			12:35	0.9	6:57	8:32	