

Hampstead, NC - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:02	3.0	7:42	4.4	1:37	0.2	1:19	-0.3	6:01	8:25	
2	Sun	7:56	3.0	8:32	4.4	2:34	0.2	2:14	-0.2	6:02	8:25	
3	Mon	8:47	3.0	9:22	4.2	3:27	0.2	3:08	-0.1	6:02	8:25	
4	Tue	9:38	3.0	10:09	4.1	4:15	0.2	3:59	0.0	6:02	8:25	
5	Wed	10:28	3.0	10:56	3.9	4:58	0.2	4:46	0.1	6:03	8:25	
6	Thu	11:19	3.0	11:43	3.6	5:39	0.3	5:30	0.3	6:03	8:24	
7	Fri			12:10	3.0	6:19	0.4	6:15	0.5	6:04	8:24	
8	Sat	12:30	3.4	1:01	3.1	6:58	0.4	7:05	0.7	6:04	8:24	
9	Sun	1:16	3.2	1:50	3.2	7:39	0.5	7:59	0.8	6:05	8:24	
10	Mon	2:01	3.1	2:37	3.3	8:21	0.4	8:55	0.9	6:06	8:23	
11	Tue	2:44	2.9	3:23	3.5	9:05	0.4	9:50	0.9	6:06	8:23	
12	Wed	3:29	2.8	4:12	3.6	9:50	0.3	10:44	0.8	6:07	8:23	
13	Thu	4:18	2.7	5:03	3.7	10:37	0.2	11:35	0.8	6:07	8:22	
14	Fri	5:10	2.7	5:55	3.8	11:25	0.2			6:08	8:22	
15	Sat	6:03	2.7	6:44	4.0	12:25	0.7	12:13	0.1	6:09	8:22	
16	Sun	6:54	2.8	7:31	4.1	1:16	0.6	1:03	0.1	6:09	8:21	
17	Mon	7:42	2.9	8:17	4.2	2:08	0.5	1:55	0.0	6:10	8:21	
18	Tue	8:30	3.0	9:02	4.2	2:59	0.3	2:49	0.0	6:11	8:20	
19	Wed	9:18	3.0	9:47	4.2	3:48	0.2	3:41	0.0	6:11	8:20	
20	Thu	10:08	3.1	10:34	4.1	4:33	0.1	4:32	0.1	6:12	8:19	
21	Fri	11:00	3.3	11:23	4.0	5:18	0.0	5:24	0.1	6:13	8:19	
22	Sat	11:56	3.4			6:02	-0.1	6:19	0.3	6:13	8:18	
23	Sun	12:15	3.8	12:53	3.6	6:49	-0.1	7:19	0.4	6:14	8:17	
24	Mon	1:08	3.6	1:49	3.9	7:39	-0.1	8:23	0.5	6:15	8:17	
25	Tue	2:01	3.5	2:44	4.1	8:32	-0.1	9:28	0.5	6:15	8:16	
26	Wed	2:54	3.3	3:39	4.2	9:26	-0.2	10:30	0.5	6:16	8:15	
27	Thu	3:49	3.2	4:36	4.2	10:20	-0.2	11:29	0.5	6:17	8:15	
28	Fri	4:46	3.1	5:35	4.3	11:15	-0.2			6:17	8:14	
29	Sat	5:45	3.1	6:31	4.3	12:24	0.5	12:08	-0.1	6:18	8:13	
30	Sun	6:42	3.1	7:23	4.3	1:17	0.5	1:01	-0.1	6:19	8:12	
31	Mon	7:34	3.2	8:12	4.2	2:10	0.5	1:54	0.0	6:20	8:11	