

Newport, RI - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:15	3.6	3:43	3.4	10:01	0.7	10:02	0.5	6:17	4:40	
2	Tue	4:14	3.6	4:38	3.4	10:38	0.6	10:24	0.5	6:18	4:39	
3	Wed	5:05	3.8	5:25	3.4	11:08	0.5	10:48	0.3	6:19	4:37	
4	Thu	5:49	3.9	6:07	3.4	11:37	0.4	11:19	0.2	6:21	4:36	
5	Fri	6:28	3.9	6:45	3.5			12:10	0.2	6:22	4:35	
6	Sat	7:04	3.9	7:22	3.5			12:47	0.2	6:23	4:34	
7	Sun	7:38	3.9	7:58	3.4	12:31	0.1	1:26	0.1	6:24	4:33	
8	Mon	8:11	3.8	8:34	3.3	1:10	0.1	2:04	0.1	6:25	4:32	
9	Tue	8:45	3.7	9:13	3.2	1:49	0.1	2:41	0.2	6:27	4:31	
10	Wed	9:21	3.5	9:54	3.1	2:28	0.2	3:15	0.3	6:28	4:30	
11	Thu	10:02	3.4	10:39	3.0	3:06	0.3	3:50	0.4	6:29	4:29	
12	Fri	10:48	3.3	11:28	3.0	3:46	0.4	4:27	0.5	6:30	4:28	
13	Sat	11:39	3.3			4:31	0.5	5:14	0.5	6:31	4:27	
14	Sun	12:20	3.1	12:33	3.2	5:26	0.6	6:13	0.5	6:33	4:26	
15	Mon	1:13	3.2	1:28	3.3	6:37	0.6	7:21	0.4	6:34	4:25	
16	Tue	2:09	3.5	2:28	3.4	7:57	0.5	8:26	0.2	6:35	4:24	
17	Wed	3:08	3.8	3:32	3.5	9:12	0.2	9:22	0.0	6:36	4:23	
18	Thu	4:10	4.1	4:34	3.7	10:13	0.0	10:13	-0.3	6:37	4:23	
19	Fri	5:08	4.5	5:32	3.9	11:07	-0.3	11:01	-0.5	6:39	4:22	
20	Sat	6:02	4.8	6:26	4.1			12:00	-0.4	6:40	4:21	
21	Sun	6:54	5.0	7:19	4.3			12:53	-0.5	6:41	4:21	
22	Mon	7:46	5.1	8:11	4.3	12:41	-0.6	1:46	-0.5	6:42	4:20	
23	Tue	8:38	4.9	9:03	4.2	1:33	-0.6	2:38	-0.4	6:43	4:19	
24	Wed	9:31	4.7	9:57	4.0	2:24	-0.4	3:26	-0.2	6:44	4:19	
25	Thu	10:25	4.4	10:54	3.9	3:15	-0.1	4:13	0.0	6:46	4:18	
26	Fri	11:21	4.0	11:51	3.7	4:06	0.2	5:03	0.3	6:47	4:18	
27	Sat			12:17	3.7	5:03	0.5	6:08	0.4	6:48	4:17	
28	Sun	12:48	3.5	1:12	3.4	6:32	0.7	7:27	0.5	6:49	4:17	
29	Mon	1:44	3.4	2:07	3.1	8:29	0.8	8:20	0.6	6:50	4:17	
30	Tue	2:42	3.4	3:03	3.0	9:26	0.7	8:58	0.5	6:51	4:16	