

Cape Charles Harbor, VA - Mar 1976

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