

Cape Charles Harbor, VA - Aug 1976

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