

Cape Charles Harbor, VA - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:51	2.5	5:10	2.4	11:14	0.6	11:30	0.4	6:29	5:06	
2	Tue	5:44	2.5	5:58	2.4			12:07	0.5	6:30	5:05	
3	Wed	6:27	2.6	6:40	2.4	12:13	0.4	12:56	0.5	6:31	5:04	
4	Thu	7:05	2.7	7:19	2.4	12:53	0.4	1:40	0.4	6:32	5:03	
5	Fri	7:41	2.8	7:56	2.3	1:30	0.3	2:20	0.4	6:33	5:02	
6	Sat	8:16	2.8	8:32	2.3	2:06	0.3	2:57	0.3	6:34	5:01	
7	Sun	8:50	2.8	9:08	2.3	2:41	0.3	3:30	0.3	6:35	5:00	
8	Mon	9:24	2.8	9:45	2.3	3:15	0.3	4:03	0.3	6:36	4:59	
9	Tue	10:00	2.8	10:23	2.2	3:49	0.3	4:36	0.4	6:37	4:58	
10	Wed	10:38	2.7	11:03	2.2	4:25	0.4	5:13	0.4	6:38	4:57	
11	Thu	11:18	2.6	11:47	2.1	5:05	0.4	5:55	0.5	6:39	4:56	
12	Fri			12:02	2.5	5:52	0.5	6:42	0.5	6:40	4:56	
13	Sat	12:34	2.1	12:49	2.5	6:45	0.5	7:33	0.4	6:41	4:55	
14	Sun	1:24	2.2	1:39	2.4	7:44	0.5	8:27	0.4	6:42	4:54	
15	Mon	2:20	2.2	2:36	2.4	8:47	0.5	9:23	0.3	6:43	4:53	
16	Tue	3:22	2.4	3:40	2.4	9:54	0.4	10:21	0.2	6:44	4:53	
17	Wed	4:27	2.5	4:45	2.4	10:59	0.2	11:17	0.0	6:45	4:52	
18	Thu	5:27	2.8	5:45	2.5			12:00	0.1	6:46	4:52	
19	Fri	6:22	3.0	6:42	2.5	12:11	-0.1	12:59	-0.1	6:47	4:51	
20	Sat	7:17	3.2	7:37	2.5	1:04	-0.3	1:55	-0.2	6:48	4:50	
21	Sun	8:10	3.3	8:31	2.6	1:57	-0.4	2:49	-0.3	6:49	4:50	
22	Mon	9:02	3.3	9:23	2.5	2:50	-0.4	3:41	-0.3	6:50	4:49	
23	Tue	9:53	3.2	10:15	2.5	3:40	-0.4	4:31	-0.3	6:51	4:49	
24	Wed	10:45	3.1	11:09	2.4	4:32	-0.3	5:24	-0.2	6:52	4:48	
25	Thu	11:38	2.9			5:26	-0.1	6:19	-0.1	6:53	4:48	
26	Fri	12:04	2.3	12:30	2.7	6:27	0.0	7:15	0.1	6:54	4:48	
27	Sat	1:00	2.2	1:23	2.4	7:31	0.2	8:10	0.1	6:55	4:47	
28	Sun	1:58	2.2	2:17	2.2	8:36	0.3	9:05	0.2	6:56	4:47	
29	Mon	3:02	2.2	3:18	2.0	9:42	0.4	9:58	0.2	6:57	4:47	
30	Tue	4:10	2.2	4:22	2.0	10:44	0.4	10:47	0.2	6:58	4:47	