

Cape Charles Harbor, VA - Jul 1978

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