

Cape Charles Harbor, VA - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:05	2.1	8:23	2.6	2:24	0.4	2:10	0.4	6:08	8:12	
2	Wed	8:47	2.2	9:01	2.6	3:05	0.3	2:54	0.3	6:09	8:11	
3	Thu	9:26	2.3	9:38	2.6	3:41	0.3	3:35	0.3	6:10	8:10	
4	Fri	10:03	2.4	10:14	2.6	4:14	0.2	4:13	0.3	6:11	8:09	
5	Sat	10:39	2.4	10:49	2.6	4:45	0.2	4:50	0.3	6:11	8:08	
6	Sun	11:16	2.5	11:25	2.5	5:16	0.2	5:27	0.3	6:12	8:07	
7	Mon	11:55	2.5			5:49	0.2	6:07	0.4	6:13	8:06	
8	Tue	12:04	2.5	12:35	2.5	6:26	0.2	6:52	0.4	6:14	8:04	
9	Wed	12:45	2.4	1:18	2.6	7:08	0.3	7:43	0.5	6:15	8:03	
10	Thu	1:29	2.3	2:04	2.6	7:55	0.3	8:38	0.5	6:16	8:02	
11	Fri	2:17	2.3	2:55	2.6	8:47	0.3	9:37	0.5	6:16	8:01	
12	Sat	3:11	2.2	3:54	2.7	9:43	0.3	10:42	0.4	6:17	8:00	
13	Sun	4:15	2.2	5:00	2.8	10:46	0.3	11:47	0.3	6:18	7:59	
14	Mon	5:25	2.3	6:06	2.9	11:51	0.2			6:19	7:58	
15	Tue	6:31	2.4	7:07	3.0	12:49	0.2	12:53	0.1	6:20	7:56	
16	Wed	7:33	2.5	8:06	3.1	1:47	0.1	1:54	-0.1	6:21	7:55	
17	Thu	8:31	2.7	9:01	3.2	2:43	-0.1	2:54	-0.2	6:21	7:54	
18	Fri	9:27	2.9	9:53	3.2	3:35	-0.2	3:50	-0.2	6:22	7:52	
19	Sat	10:18	3.0	10:43	3.1	4:23	-0.2	4:43	-0.2	6:23	7:51	
20	Sun	11:08	3.0	11:31	3.0	5:09	-0.2	5:35	-0.1	6:24	7:50	
21	Mon	11:58	3.0			5:55	-0.1	6:29	0.1	6:25	7:49	
22	Tue	12:19	2.8	12:48	2.9	6:43	0.0	7:26	0.2	6:26	7:47	
23	Wed	1:08	2.6	1:38	2.8	7:33	0.2	8:24	0.4	6:26	7:46	
24	Thu	1:56	2.4	2:28	2.7	8:24	0.3	9:24	0.6	6:27	7:45	
25	Fri	2:46	2.2	3:21	2.6	9:16	0.5	10:25	0.7	6:28	7:43	
26	Sat	3:43	2.1	4:22	2.5	10:12	0.6	11:24	0.7	6:29	7:42	
27	Sun	4:50	2.1	5:28	2.5	11:10	0.7			6:30	7:40	
28	Mon	5:57	2.1	6:24	2.5	12:19	0.7	12:06	0.7	6:31	7:39	
29	Tue	6:49	2.2	7:11	2.6	1:06	0.7	12:57	0.6	6:31	7:38	
30	Wed	7:35	2.3	7:52	2.6	1:50	0.6	1:44	0.6	6:32	7:36	
31	Thu	8:16	2.4	8:32	2.7	2:29	0.5	2:29	0.5	6:33	7:35	