

Cape Charles Harbor, VA - Nov 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:01	2.9	6:25	2.8			12:32	0.1	6:28	5:07	
2	Fri	6:55	3.1	7:19	2.8	12:49	0.0	1:30	0.0	6:29	5:06	
3	Sat	7:47	3.2	8:10	2.8	1:39	-0.1	2:24	-0.1	6:30	5:05	
4	Sun	8:36	3.3	8:58	2.8	2:27	-0.2	3:14	-0.1	6:31	5:04	
5	Mon	9:22	3.3	9:45	2.7	3:13	-0.2	4:02	-0.1	6:32	5:03	
6	Tue	10:08	3.2	10:31	2.5	3:58	-0.1	4:49	0.1	6:33	5:02	
7	Wed	10:53	3.0	11:19	2.4	4:43	0.1	5:39	0.2	6:34	5:01	
8	Thu	11:40	2.8			5:30	0.2	6:32	0.3	6:35	5:00	
9	Fri	12:08	2.3	12:27	2.6	6:22	0.4	7:26	0.5	6:36	4:59	
10	Sat	12:59	2.2	1:15	2.5	7:19	0.6	8:20	0.5	6:37	4:58	
11	Sun	1:51	2.1	2:06	2.3	8:18	0.7	9:13	0.6	6:38	4:57	
12	Mon	2:50	2.1	3:04	2.2	9:21	0.7	10:05	0.6	6:39	4:56	
13	Tue	3:56	2.1	4:07	2.2	10:23	0.7	10:52	0.5	6:40	4:55	
14	Wed	4:54	2.2	5:03	2.1	11:18	0.6	11:34	0.5	6:41	4:55	
15	Thu	5:41	2.4	5:50	2.2			12:07	0.5	6:42	4:54	
16	Fri	6:22	2.5	6:33	2.2	12:13	0.4	12:52	0.4	6:43	4:53	
17	Sat	7:02	2.6	7:15	2.2	12:51	0.3	1:35	0.3	6:44	4:53	
18	Sun	7:42	2.7	7:56	2.3	1:30	0.2	2:16	0.2	6:45	4:52	
19	Mon	8:21	2.8	8:37	2.3	2:10	0.1	2:55	0.1	6:47	4:51	
20	Tue	9:01	2.9	9:18	2.3	2:49	0.0	3:34	0.0	6:48	4:51	
21	Wed	9:42	2.9	10:01	2.3	3:29	0.0	4:15	0.0	6:49	4:50	
22	Thu	10:25	2.9	10:46	2.3	4:11	0.0	4:59	0.0	6:50	4:50	
23	Fri	11:11	2.8	11:36	2.2	4:57	0.0	5:48	0.1	6:51	4:49	
24	Sat			12:02	2.7	5:50	0.1	6:42	0.1	6:52	4:49	
25	Sun	12:30	2.2	12:55	2.6	6:49	0.2	7:40	0.1	6:53	4:48	
26	Mon	1:27	2.2	1:52	2.5	7:55	0.2	8:39	0.1	6:54	4:48	
27	Tue	2:29	2.3	2:54	2.4	9:04	0.2	9:40	0.0	6:55	4:48	
28	Wed	3:38	2.4	4:04	2.3	10:15	0.2	10:39	-0.1	6:56	4:47	
29	Thu	4:48	2.5	5:09	2.3	11:21	0.1	11:34	-0.2	6:57	4:47	
30	Fri	5:48	2.7	6:08	2.3			12:22	0.0	6:58	4:47	