

Cape Charles Harbor, VA - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:03	2.1	8:32	2.9	2:27	0.0	2:10	-0.1	5:47	8:28	
2	Sun	8:59	2.1	9:25	2.9	3:21	0.0	3:06	-0.1	5:47	8:28	
3	Mon	9:51	2.2	10:13	2.8	4:10	0.0	3:59	0.0	5:48	8:28	
4	Tue	10:38	2.2	10:57	2.7	4:54	0.0	4:47	0.0	5:48	8:28	
5	Wed	11:23	2.3	11:39	2.6	5:36	0.0	5:34	0.1	5:49	8:27	
6	Thu			12:08	2.3	6:17	0.1	6:21	0.2	5:49	8:27	
7	Fri	12:21	2.4	12:52	2.3	6:58	0.2	7:12	0.3	5:50	8:27	
8	Sat	1:01	2.3	1:34	2.3	7:38	0.3	8:03	0.4	5:51	8:27	
9	Sun	1:41	2.1	2:16	2.3	8:17	0.3	8:56	0.5	5:51	8:26	
10	Mon	2:22	2.0	3:00	2.3	8:56	0.4	9:49	0.6	5:52	8:26	
11	Tue	3:06	1.8	3:49	2.3	9:37	0.4	10:46	0.6	5:52	8:26	
12	Wed	3:57	1.7	4:44	2.3	10:23	0.5	11:42	0.6	5:53	8:25	
13	Thu	4:58	1.7	5:41	2.4	11:14	0.5			5:54	8:25	
14	Fri	5:59	1.7	6:34	2.4	12:34	0.5	12:07	0.4	5:54	8:24	
15	Sat	6:54	1.8	7:24	2.5	1:23	0.5	1:00	0.4	5:55	8:24	
16	Sun	7:46	1.9	8:13	2.6	2:11	0.4	1:52	0.3	5:56	8:23	
17	Mon	8:35	2.0	9:01	2.7	2:57	0.2	2:44	0.2	5:57	8:23	
18	Tue	9:23	2.2	9:47	2.8	3:40	0.1	3:34	0.1	5:57	8:22	
19	Wed	10:09	2.3	10:31	2.8	4:22	0.0	4:22	0.0	5:58	8:22	
20	Thu	10:55	2.4	11:16	2.8	5:03	-0.1	5:09	0.0	5:59	8:21	
21	Fri	11:42	2.5			5:45	-0.1	6:00	0.0	6:00	8:20	
22	Sat	12:02	2.7	12:31	2.6	6:29	-0.1	6:55	0.1	6:00	8:20	
23	Sun	12:50	2.6	1:22	2.7	7:17	-0.1	7:55	0.2	6:01	8:19	
24	Mon	1:40	2.4	2:14	2.7	8:07	0.0	8:58	0.2	6:02	8:18	
25	Tue	2:32	2.3	3:10	2.7	9:00	0.0	10:04	0.3	6:03	8:17	
26	Wed	3:29	2.1	4:14	2.7	9:57	0.1	11:13	0.3	6:03	8:17	
27	Thu	4:36	2.0	5:24	2.7	10:58	0.1			6:04	8:16	
28	Fri	5:50	2.0	6:31	2.8	12:19	0.3	12:01	0.2	6:05	8:15	
29	Sat	6:56	2.0	7:30	2.8	1:19	0.3	1:02	0.2	6:06	8:14	
30	Sun	7:55	2.1	8:24	2.8	2:15	0.3	2:01	0.1	6:07	8:13	
31	Mon	8:48	2.2	9:13	2.8	3:06	0.2	2:56	0.1	6:08	8:12	