

Newport News, VA - Mar 1976

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