

Newport News, VA - Jul 1976

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