

Newport News, VA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:51	2.9	2:29	3.2	8:08	0.0	8:56	0.2	6:11	8:12	
2	Mon	2:45	2.8	3:25	3.2	9:03	0.0	10:00	0.3	6:12	8:11	
3	Tue	3:41	2.6	4:26	3.2	10:02	0.1	11:06	0.3	6:12	8:10	
4	Wed	4:46	2.5	5:35	3.2	11:06	0.1			6:13	8:09	
5	Thu	5:59	2.5	6:44	3.2	12:12	0.3	12:11	0.2	6:14	8:08	
6	Fri	7:08	2.6	7:45	3.2	1:13	0.2	1:13	0.1	6:15	8:07	
7	Sat	8:08	2.7	8:39	3.3	2:10	0.2	2:13	0.1	6:16	8:06	
8	Sun	9:03	2.8	9:29	3.3	3:03	0.1	3:09	0.1	6:16	8:05	
9	Mon	9:54	2.9	10:14	3.2	3:50	0.1	4:01	0.1	6:17	8:04	
10	Tue	10:39	3.0	10:55	3.2	4:33	0.1	4:47	0.1	6:18	8:03	
11	Wed	11:20	3.0	11:34	3.1	5:11	0.1	5:29	0.2	6:19	8:02	
12	Thu			12:00	3.0	5:47	0.1	6:11	0.3	6:20	8:00	
13	Fri	12:12	3.0	12:39	3.0	6:22	0.2	6:53	0.4	6:21	7:59	
14	Sat	12:51	2.8	1:18	2.9	6:57	0.3	7:37	0.5	6:21	7:58	
15	Sun	1:32	2.7	1:58	2.9	7:34	0.4	8:24	0.6	6:22	7:57	
16	Mon	2:14	2.6	2:39	2.8	8:15	0.5	9:13	0.6	6:23	7:56	
17	Tue	2:58	2.4	3:23	2.8	8:59	0.5	10:06	0.7	6:24	7:54	
18	Wed	3:46	2.4	4:12	2.8	9:48	0.6	11:03	0.7	6:25	7:53	
19	Thu	4:42	2.3	5:11	2.8	10:44	0.6			6:26	7:52	
20	Fri	5:45	2.3	6:12	2.9	12:00	0.7	11:43 AM	0.5	6:26	7:50	
21	Sat	6:46	2.5	7:08	3.0	12:52	0.6	12:41	0.5	6:27	7:49	
22	Sun	7:39	2.6	7:58	3.1	1:41	0.5	1:36	0.4	6:28	7:48	
23	Mon	8:28	2.8	8:46	3.3	2:27	0.3	2:29	0.3	6:29	7:46	
24	Tue	9:15	3.0	9:33	3.4	3:12	0.2	3:21	0.2	6:30	7:45	
25	Wed	10:02	3.2	10:19	3.4	3:56	0.1	4:12	0.1	6:31	7:44	
26	Thu	10:48	3.4	11:05	3.4	4:38	0.0	5:01	0.0	6:31	7:42	
27	Fri	11:35	3.5	11:52	3.3	5:21	0.0	5:50	0.0	6:32	7:41	
28	Sat			12:24	3.6	6:05	0.0	6:42	0.1	6:33	7:40	
29	Sun	12:41	3.2	1:16	3.6	6:52	0.0	7:40	0.2	6:34	7:38	
30	Mon	1:34	3.1	2:11	3.5	7:46	0.1	8:42	0.3	6:35	7:37	
31	Tue	2:30	2.9	3:09	3.4	8:45	0.2	9:47	0.4	6:35	7:35	