

Newport News, VA - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:24	2.8	5:06	3.2	10:43	0.5	11:38	0.5	7:01	6:49	
2	Sat	5:41	2.8	6:16	3.1	11:52	0.5			7:02	6:47	
3	Sun	6:49	3.0	7:14	3.1	12:35	0.5	12:54	0.5	7:03	6:46	
4	Mon	7:43	3.1	8:02	3.1	1:25	0.5	1:50	0.5	7:03	6:44	
5	Tue	8:30	3.2	8:45	3.1	2:11	0.4	2:40	0.5	7:04	6:43	
6	Wed	9:11	3.3	9:24	3.1	2:52	0.4	3:26	0.4	7:05	6:41	
7	Thu	9:49	3.4	10:02	3.1	3:31	0.3	4:07	0.4	7:06	6:40	
8	Fri	10:24	3.4	10:38	3.1	4:06	0.3	4:45	0.4	7:07	6:38	
9	Sat	10:58	3.4	11:14	3.0	4:39	0.3	5:20	0.4	7:08	6:37	
10	Sun	11:31	3.3	11:50	2.9	5:11	0.4	5:54	0.5	7:09	6:36	
11	Mon			12:05	3.3	5:43	0.4	6:30	0.6	7:10	6:34	
12	Tue	12:28	2.8	12:42	3.2	6:17	0.5	7:09	0.6	7:10	6:33	
13	Wed	1:08	2.7	1:22	3.1	6:55	0.6	7:53	0.7	7:11	6:31	
14	Thu	1:52	2.6	2:06	3.1	7:41	0.6	8:41	0.7	7:12	6:30	
15	Fri	2:38	2.6	2:53	3.0	8:33	0.7	9:33	0.7	7:13	6:29	
16	Sat	3:28	2.6	3:45	3.0	9:31	0.7	10:29	0.7	7:14	6:27	
17	Sun	4:26	2.6	4:45	3.0	10:36	0.7	11:26	0.6	7:15	6:26	
18	Mon	5:30	2.8	5:50	3.0	11:42	0.6			7:16	6:25	
19	Tue	6:32	3.0	6:51	3.1	12:21	0.4	12:45	0.4	7:17	6:23	
20	Wed	7:27	3.3	7:46	3.2	1:12	0.3	1:44	0.3	7:18	6:22	
21	Thu	8:19	3.5	8:39	3.3	2:03	0.2	2:40	0.2	7:19	6:21	
22	Fri	9:11	3.8	9:31	3.3	2:53	0.0	3:36	0.0	7:20	6:20	
23	Sat	10:02	3.9	10:23	3.3	3:43	-0.1	4:29	0.0	7:21	6:18	
24	Sun	10:53	4.0	11:14	3.3	4:32	-0.1	5:20	0.0	7:22	6:17	
25	Mon	11:45	3.9			5:21	-0.1	6:12	0.0	7:23	6:16	
26	Tue	12:06	3.2	12:38	3.8	6:12	0.0	7:08	0.2	7:24	6:15	
27	Wed	1:02	3.0	1:35	3.6	7:08	0.1	8:08	0.3	7:25	6:14	
28	Thu	2:01	2.9	2:33	3.3	8:11	0.3	9:09	0.4	7:26	6:12	
29	Fri	3:02	2.8	3:33	3.1	9:18	0.4	10:09	0.4	7:27	6:11	
30	Sat	4:06	2.7	4:36	2.9	10:26	0.5	11:08	0.4	7:28	6:10	
31	Sun	4:18	2.8	4:43	2.8	10:33	0.5	11:03	0.4	6:29	5:09	