

Newport News, VA - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:25	2.8	5:42	2.8	11:35	0.5	11:52	0.4	6:30	5:08	
2	Tue	6:18	2.9	6:31	2.8			12:29	0.5	6:31	5:07	
3	Wed	7:03	3.0	7:14	2.8	12:36	0.3	1:17	0.4	6:32	5:06	
4	Thu	7:44	3.1	7:55	2.8	1:17	0.3	2:02	0.4	6:33	5:05	
5	Fri	8:21	3.2	8:34	2.8	1:56	0.3	2:44	0.3	6:34	5:04	
6	Sat	8:56	3.2	9:12	2.8	2:33	0.2	3:22	0.3	6:35	5:03	
7	Sun	9:30	3.2	9:49	2.7	3:09	0.2	3:57	0.3	6:36	5:02	
8	Mon	10:04	3.2	10:25	2.7	3:43	0.2	4:31	0.3	6:37	5:01	
9	Tue	10:39	3.1	11:03	2.6	4:17	0.3	5:06	0.3	6:38	5:00	
10	Wed	11:15	3.1	11:43	2.5	4:52	0.3	5:42	0.4	6:39	5:00	
11	Thu	11:54	3.0			5:30	0.4	6:23	0.4	6:40	4:59	
12	Fri	12:25	2.5	12:37	2.9	6:15	0.4	7:09	0.4	6:41	4:58	
13	Sat	1:11	2.5	1:23	2.9	7:07	0.4	7:58	0.4	6:42	4:57	
14	Sun	2:01	2.5	2:14	2.8	8:05	0.5	8:50	0.3	6:43	4:56	
15	Mon	2:55	2.6	3:10	2.7	9:09	0.4	9:46	0.3	6:44	4:56	
16	Tue	3:56	2.7	4:13	2.7	10:16	0.4	10:43	0.2	6:45	4:55	
17	Wed	5:00	2.9	5:19	2.7	11:22	0.2	11:39	0.0	6:46	4:54	
18	Thu	6:01	3.1	6:19	2.8			12:24	0.1	6:47	4:54	
19	Fri	6:56	3.3	7:16	2.9	12:33	-0.1	1:23	0.0	6:48	4:53	
20	Sat	7:51	3.5	8:11	2.9	1:27	-0.2	2:20	-0.1	6:49	4:53	
21	Sun	8:45	3.6	9:06	2.9	2:21	-0.3	3:15	-0.2	6:50	4:52	
22	Mon	9:38	3.7	9:58	2.9	3:14	-0.3	4:06	-0.2	6:51	4:52	
23	Tue	10:29	3.6	10:51	2.8	4:05	-0.3	4:57	-0.2	6:52	4:51	
24	Wed	11:22	3.4	11:46	2.7	4:57	-0.2	5:49	-0.1	6:53	4:51	
25	Thu			12:15	3.2	5:52	-0.1	6:44	0.0	6:54	4:50	
26	Fri	12:43	2.6	1:09	3.0	6:52	0.1	7:40	0.1	6:55	4:50	
27	Sat	1:40	2.6	2:02	2.7	7:55	0.2	8:34	0.1	6:56	4:50	
28	Sun	2:38	2.5	2:56	2.5	8:59	0.3	9:28	0.2	6:57	4:49	
29	Mon	3:40	2.5	3:55	2.4	10:03	0.3	10:20	0.2	6:58	4:49	
30	Tue	4:45	2.5	4:57	2.3	11:05	0.4	11:10	0.2	6:59	4:49	