

Newport News, VA - Jul 1978

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