

Norfolk, VA - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:08	3.0	9:25	2.4	2:41	-0.4	3:29	-0.4	7:18	4:59	
2	Fri	9:52	3.0	10:10	2.4	3:29	-0.4	4:12	-0.4	7:18	4:59	
3	Sat	10:33	2.9	10:54	2.4	4:13	-0.4	4:52	-0.3	7:18	5:00	
4	Sun	11:12	2.7	11:36	2.3	4:55	-0.3	5:31	-0.3	7:18	5:01	
5	Mon	11:52	2.6			5:38	-0.2	6:10	-0.2	7:18	5:02	
6	Tue	12:19	2.3	12:33	2.4	6:24	0.0	6:49	-0.1	7:18	5:03	
7	Wed	1:01	2.2	1:14	2.2	7:12	0.1	7:29	-0.1	7:18	5:04	
8	Thu	1:44	2.2	1:57	2.1	8:02	0.1	8:11	0.0	7:18	5:04	
9	Fri	2:28	2.1	2:43	1.9	8:56	0.2	8:56	0.0	7:18	5:05	
10	Sat	3:19	2.1	3:36	1.8	9:55	0.2	9:47	0.0	7:18	5:06	
11	Sun	4:18	2.1	4:38	1.8	10:55	0.2	10:41	0.0	7:18	5:07	
12	Mon	5:18	2.2	5:38	1.8	11:50	0.1	11:35	-0.1	7:17	5:08	
13	Tue	6:12	2.4	6:31	1.9			12:41	0.0	7:17	5:09	
14	Wed	7:01	2.5	7:21	2.0	12:26	-0.2	1:30	-0.1	7:17	5:10	
15	Thu	7:48	2.7	8:09	2.2	1:17	-0.3	2:16	-0.2	7:17	5:11	
16	Fri	8:33	2.8	8:55	2.3	2:07	-0.4	3:00	-0.3	7:16	5:12	
17	Sat	9:17	2.9	9:41	2.5	2:56	-0.5	3:41	-0.4	7:16	5:13	
18	Sun	10:01	3.0	10:26	2.6	3:42	-0.6	4:23	-0.5	7:16	5:14	
19	Mon	10:46	3.0	11:14	2.7	4:30	-0.6	5:05	-0.5	7:15	5:15	
20	Tue	11:33	2.9			5:19	-0.5	5:51	-0.5	7:15	5:16	
21	Wed	12:04	2.7	12:22	2.7	6:14	-0.4	6:41	-0.5	7:14	5:17	
22	Thu	12:57	2.7	1:14	2.5	7:14	-0.3	7:34	-0.4	7:14	5:18	
23	Fri	1:52	2.7	2:08	2.3	8:17	-0.2	8:31	-0.4	7:13	5:19	
24	Sat	2:52	2.6	3:08	2.1	9:24	-0.1	9:33	-0.3	7:13	5:21	
25	Sun	4:01	2.6	4:18	2.0	10:34	-0.1	10:38	-0.3	7:12	5:22	
26	Mon	5:16	2.6	5:31	2.0	11:40	-0.1	11:42	-0.3	7:12	5:23	
27	Tue	6:22	2.6	6:36	2.1			12:40	-0.2	7:11	5:24	
28	Wed	7:18	2.7	7:33	2.2	12:41	-0.4	1:35	-0.2	7:10	5:25	
29	Thu	8:09	2.7	8:24	2.3	1:37	-0.4	2:25	-0.3	7:10	5:26	
30	Fri	8:54	2.8	9:10	2.4	2:29	-0.4	3:09	-0.3	7:09	5:27	
31	Sat	9:34	2.7	9:51	2.4	3:15	-0.4	3:48	-0.4	7:08	5:28	