

Norfolk, VA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:45	3.1	2:23	3.4	8:00	0.0	8:48	0.2	6:10	8:11	
2	Mon	2:39	2.9	3:19	3.4	8:55	0.0	9:52	0.3	6:11	8:10	
3	Tue	3:35	2.8	4:20	3.3	9:54	0.1	10:58	0.3	6:12	8:09	
4	Wed	4:40	2.7	5:29	3.3	10:58	0.1			6:13	8:08	
5	Thu	5:53	2.7	6:38	3.4	12:04	0.3	12:03	0.2	6:14	8:07	
6	Fri	7:02	2.7	7:39	3.4	1:05	0.2	1:05	0.1	6:15	8:06	
7	Sat	8:02	2.8	8:33	3.4	2:02	0.2	2:05	0.1	6:15	8:05	
8	Sun	8:57	3.0	9:23	3.4	2:55	0.1	3:01	0.1	6:16	8:04	
9	Mon	9:48	3.1	10:08	3.4	3:42	0.1	3:53	0.1	6:17	8:03	
10	Tue	10:33	3.2	10:49	3.3	4:25	0.1	4:39	0.1	6:18	8:02	
11	Wed	11:14	3.2	11:28	3.2	5:03	0.1	5:21	0.2	6:19	8:01	
12	Thu	11:54	3.2			5:39	0.1	6:03	0.3	6:19	8:00	
13	Fri	12:06	3.1	12:33	3.2	6:14	0.2	6:45	0.4	6:20	7:59	
14	Sat	12:45	3.0	1:12	3.1	6:49	0.3	7:29	0.5	6:21	7:57	
15	Sun	1:26	2.8	1:52	3.0	7:26	0.4	8:16	0.6	6:22	7:56	
16	Mon	2:08	2.7	2:33	3.0	8:07	0.5	9:05	0.6	6:23	7:55	
17	Tue	2:52	2.6	3:17	3.0	8:51	0.5	9:58	0.7	6:24	7:54	
18	Wed	3:40	2.5	4:06	2.9	9:40	0.6	10:55	0.7	6:24	7:52	
19	Thu	4:36	2.4	5:05	2.9	10:36	0.6	11:52	0.7	6:25	7:51	
20	Fri	5:39	2.5	6:06	3.0	11:35	0.5			6:26	7:50	
21	Sat	6:40	2.6	7:02	3.1	12:44	0.6	12:33	0.5	6:27	7:48	
22	Sun	7:33	2.8	7:52	3.3	1:33	0.5	1:28	0.4	6:28	7:47	
23	Mon	8:22	3.0	8:40	3.4	2:19	0.3	2:21	0.3	6:29	7:46	
24	Tue	9:09	3.2	9:27	3.5	3:04	0.2	3:13	0.2	6:29	7:44	
25	Wed	9:56	3.4	10:13	3.6	3:48	0.1	4:04	0.1	6:30	7:43	
26	Thu	10:42	3.6	10:59	3.6	4:30	0.0	4:53	0.0	6:31	7:42	
27	Fri	11:29	3.7	11:46	3.5	5:13	0.0	5:42	0.0	6:32	7:40	
28	Sat			12:18	3.8	5:57	0.0	6:34	0.1	6:33	7:39	
29	Sun	12:35	3.4	1:10	3.8	6:44	0.0	7:32	0.2	6:33	7:37	
30	Mon	1:28	3.2	2:05	3.7	7:38	0.1	8:34	0.3	6:34	7:36	
31	Tue	2:24	3.1	3:03	3.6	8:37	0.2	9:39	0.4	6:35	7:35	