

Norfolk, VA - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:18	3.0	5:00	3.4	10:35	0.5	11:30	0.5	7:00	6:48	
2	Sat	5:35	3.0	6:10	3.3	11:44	0.5			7:01	6:47	
3	Sun	6:43	3.1	7:08	3.3	12:27	0.5	12:46	0.5	7:02	6:45	
4	Mon	7:37	3.3	7:56	3.3	1:17	0.5	1:42	0.5	7:03	6:44	
5	Tue	8:24	3.4	8:39	3.3	2:03	0.4	2:32	0.5	7:04	6:42	
6	Wed	9:05	3.5	9:18	3.3	2:44	0.4	3:18	0.4	7:05	6:41	
7	Thu	9:43	3.6	9:56	3.3	3:23	0.3	3:59	0.4	7:05	6:39	
8	Fri	10:18	3.6	10:32	3.2	3:58	0.3	4:37	0.4	7:06	6:38	
9	Sat	10:52	3.6	11:08	3.2	4:31	0.3	5:12	0.4	7:07	6:37	
10	Sun	11:25	3.5	11:44	3.1	5:03	0.4	5:46	0.5	7:08	6:35	
11	Mon	11:59	3.5			5:35	0.4	6:22	0.6	7:09	6:34	
12	Tue	12:22	3.0	12:36	3.4	6:09	0.5	7:01	0.6	7:10	6:32	
13	Wed	1:02	2.9	1:16	3.3	6:47	0.6	7:45	0.7	7:11	6:31	
14	Thu	1:46	2.8	2:00	3.2	7:33	0.6	8:33	0.7	7:12	6:30	
15	Fri	2:32	2.7	2:47	3.2	8:25	0.7	9:25	0.7	7:13	6:28	
16	Sat	3:22	2.7	3:39	3.1	9:23	0.7	10:21	0.7	7:13	6:27	
17	Sun	4:20	2.8	4:39	3.1	10:28	0.7	11:18	0.6	7:14	6:26	
18	Mon	5:24	2.9	5:44	3.2	11:34	0.6			7:15	6:24	
19	Tue	6:26	3.2	6:45	3.3	12:13	0.4	12:37	0.4	7:16	6:23	
20	Wed	7:21	3.5	7:40	3.4	1:04	0.3	1:36	0.3	7:17	6:22	
21	Thu	8:13	3.7	8:33	3.5	1:55	0.2	2:32	0.2	7:18	6:20	
22	Fri	9:05	4.0	9:25	3.5	2:45	0.0	3:28	0.0	7:19	6:19	
23	Sat	9:56	4.1	10:17	3.5	3:35	-0.1	4:21	0.0	7:20	6:18	
24	Sun	10:47	4.2	11:08	3.4	4:24	-0.1	5:12	0.0	7:21	6:17	
25	Mon	11:39	4.1			5:13	-0.1	6:04	0.0	7:22	6:15	
26	Tue	12:00	3.3	12:32	4.0	6:04	0.0	7:00	0.2	7:23	6:14	
27	Wed	12:56	3.2	1:29	3.8	7:00	0.1	8:00	0.3	7:24	6:13	
28	Thu	1:55	3.1	2:27	3.5	8:03	0.3	9:01	0.4	7:25	6:12	
29	Fri	2:56	3.0	3:27	3.3	9:10	0.4	10:01	0.4	7:26	6:11	
30	Sat	4:00	2.9	4:30	3.1	10:18	0.5	11:00	0.4	7:27	6:10	
31	Sun	4:12	2.9	4:37	3.0	10:25	0.5	10:55	0.4	6:28	5:09	