

Norfolk, VA - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:19	3.0	5:36	2.9	11:27	0.5	11:44	0.4	6:29	5:08	
2	Tue	6:12	3.1	6:25	2.9			12:21	0.5	6:30	5:07	
3	Wed	6:57	3.2	7:08	2.9	12:28	0.3	1:09	0.4	6:31	5:06	
4	Thu	7:38	3.3	7:49	2.9	1:09	0.3	1:54	0.4	6:32	5:05	
5	Fri	8:15	3.4	8:28	2.9	1:48	0.3	2:36	0.3	6:33	5:04	
6	Sat	8:50	3.4	9:06	2.9	2:25	0.2	3:14	0.3	6:34	5:03	
7	Sun	9:24	3.4	9:43	2.9	3:01	0.2	3:49	0.3	6:35	5:02	
8	Mon	9:58	3.4	10:19	2.8	3:35	0.2	4:23	0.3	6:36	5:01	
9	Tue	10:33	3.3	10:57	2.7	4:09	0.3	4:58	0.3	6:37	5:00	
10	Wed	11:09	3.2	11:37	2.7	4:44	0.3	5:34	0.4	6:38	4:59	
11	Thu	11:48	3.2			5:22	0.4	6:15	0.4	6:39	4:58	
12	Fri	12:19	2.6	12:31	3.1	6:07	0.4	7:01	0.4	6:40	4:58	
13	Sat	1:05	2.6	1:17	3.0	6:59	0.4	7:50	0.4	6:41	4:57	
14	Sun	1:55	2.6	2:08	2.9	7:57	0.5	8:42	0.3	6:42	4:56	
15	Mon	2:49	2.7	3:04	2.9	9:01	0.4	9:38	0.3	6:43	4:55	
16	Tue	3:50	2.8	4:07	2.9	10:08	0.4	10:35	0.2	6:44	4:55	
17	Wed	4:54	3.0	5:13	2.9	11:14	0.2	11:31	0.0	6:45	4:54	
18	Thu	5:55	3.3	6:13	3.0			12:16	0.1	6:46	4:54	
19	Fri	6:50	3.5	7:10	3.0	12:25	-0.1	1:15	0.0	6:47	4:53	
20	Sat	7:45	3.7	8:05	3.1	1:19	-0.2	2:12	-0.1	6:48	4:52	
21	Sun	8:39	3.8	9:00	3.1	2:13	-0.3	3:07	-0.2	6:50	4:52	
22	Mon	9:32	3.9	9:52	3.1	3:06	-0.3	3:58	-0.2	6:51	4:51	
23	Tue	10:23	3.8	10:45	3.0	3:57	-0.3	4:49	-0.2	6:52	4:51	
24	Wed	11:16	3.6	11:40	2.9	4:49	-0.2	5:41	-0.1	6:53	4:51	
25	Thu			12:09	3.4	5:44	-0.1	6:36	0.0	6:54	4:50	
26	Fri	12:37	2.8	1:03	3.1	6:44	0.1	7:32	0.1	6:55	4:50	
27	Sat	1:34	2.7	1:56	2.9	7:47	0.2	8:26	0.1	6:55	4:50	
28	Sun	2:32	2.6	2:50	2.7	8:51	0.3	9:20	0.2	6:56	4:49	
29	Mon	3:34	2.6	3:49	2.5	9:55	0.3	10:12	0.2	6:57	4:49	
30	Tue	4:39	2.6	4:51	2.4	10:57	0.4	11:02	0.2	6:58	4:49	