

Norfolk, VA - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:33	2.3	1:43	2.3	7:39	0.0	8:05	-0.1	7:18	4:59	
2	Mon	2:21	2.3	2:34	2.3	8:38	0.0	8:58	-0.2	7:18	5:00	
3	Tue	3:17	2.4	3:34	2.2	9:44	0.0	9:57	-0.2	7:18	5:01	
4	Wed	4:22	2.5	4:41	2.2	10:52	-0.1	10:58	-0.3	7:18	5:01	
5	Thu	5:28	2.7	5:48	2.2	11:57	-0.2	11:59	-0.4	7:18	5:02	
6	Fri	6:29	2.9	6:49	2.3			12:58	-0.3	7:18	5:03	
7	Sat	7:28	3.1	7:49	2.4	12:58	-0.5	1:57	-0.4	7:18	5:04	
8	Sun	8:25	3.2	8:46	2.6	1:57	-0.6	2:52	-0.5	7:18	5:05	
9	Mon	9:19	3.3	9:41	2.6	2:54	-0.7	3:43	-0.6	7:18	5:06	
10	Tue	10:10	3.3	10:33	2.7	3:47	-0.7	4:32	-0.6	7:18	5:07	
11	Wed	11:01	3.1	11:26	2.7	4:40	-0.6	5:20	-0.6	7:18	5:08	
12	Thu	11:51	2.9			5:34	-0.5	6:10	-0.5	7:17	5:09	
13	Fri	12:19	2.6	12:41	2.7	6:31	-0.4	7:01	-0.4	7:17	5:10	
14	Sat	1:13	2.5	1:31	2.5	7:30	-0.2	7:52	-0.3	7:17	5:11	
15	Sun	2:06	2.4	2:21	2.2	8:30	-0.1	8:43	-0.2	7:17	5:12	
16	Mon	3:02	2.3	3:15	2.0	9:32	0.0	9:36	-0.1	7:16	5:13	
17	Tue	4:04	2.2	4:16	1.9	10:34	0.1	10:30	-0.1	7:16	5:14	
18	Wed	5:09	2.2	5:20	1.8	11:32	0.1	11:22	-0.1	7:16	5:15	
19	Thu	6:05	2.3	6:15	1.9			12:24	0.0	7:15	5:16	
20	Fri	6:52	2.4	7:04	1.9	12:12	-0.1	1:13	0.0	7:15	5:17	
21	Sat	7:35	2.4	7:49	2.0	12:59	-0.2	1:57	-0.1	7:14	5:18	
22	Sun	8:16	2.5	8:32	2.1	1:44	-0.2	2:38	-0.2	7:14	5:19	
23	Mon	8:53	2.6	9:11	2.2	2:27	-0.3	3:14	-0.2	7:13	5:20	
24	Tue	9:28	2.6	9:48	2.3	3:06	-0.3	3:48	-0.3	7:13	5:21	
25	Wed	10:02	2.6	10:24	2.3	3:44	-0.3	4:19	-0.3	7:12	5:22	
26	Thu	10:36	2.6	11:00	2.3	4:20	-0.3	4:51	-0.3	7:11	5:23	
27	Fri	11:12	2.6	11:38	2.3	4:57	-0.3	5:25	-0.3	7:11	5:24	
28	Sat	11:51	2.5			5:38	-0.2	6:03	-0.3	7:10	5:25	
29	Sun	12:19	2.4	12:33	2.4	6:24	-0.2	6:46	-0.3	7:09	5:26	
30	Mon	1:04	2.4	1:19	2.3	7:16	-0.1	7:34	-0.3	7:09	5:28	
31	Tue	1:53	2.4	2:09	2.2	8:15	-0.1	8:28	-0.3	7:08	5:29	