

Norfolk, VA - Jul 1978

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