

Norfolk, VA - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:25	3.3	1:57	3.3	7:40	-0.1	8:19	0.1	6:10	8:11	
2	Sat	2:19	3.1	2:52	3.4	8:34	0.0	9:23	0.2	6:11	8:10	
3	Sun	3:14	2.9	3:51	3.3	9:29	0.1	10:29	0.3	6:12	8:09	
4	Mon	4:14	2.8	4:56	3.3	10:28	0.1	11:36	0.3	6:13	8:08	
5	Tue	5:22	2.7	6:06	3.3	11:30	0.2			6:14	8:07	
6	Wed	6:31	2.7	7:09	3.3	12:38	0.3	12:31	0.2	6:15	8:06	
7	Thu	7:33	2.8	8:04	3.4	1:36	0.2	1:29	0.2	6:15	8:05	
8	Fri	8:28	2.8	8:55	3.4	2:30	0.2	2:24	0.2	6:16	8:04	
9	Sat	9:19	2.9	9:40	3.4	3:20	0.2	3:17	0.2	6:17	8:03	
10	Sun	10:05	3.0	10:21	3.3	4:04	0.1	4:04	0.2	6:18	8:02	
11	Mon	10:47	3.1	10:59	3.3	4:43	0.1	4:47	0.2	6:19	8:01	
12	Tue	11:26	3.1	11:36	3.2	5:19	0.2	5:26	0.3	6:20	8:00	
13	Wed			12:05	3.1	5:52	0.2	6:05	0.3	6:20	7:59	
14	Thu	12:12	3.1	12:43	3.1	6:25	0.3	6:46	0.4	6:21	7:57	
15	Fri	12:51	3.0	1:22	3.0	6:59	0.3	7:29	0.5	6:22	7:56	
16	Sat	1:31	2.8	2:01	3.0	7:36	0.4	8:16	0.6	6:23	7:55	
17	Sun	2:12	2.7	2:42	3.0	8:15	0.5	9:05	0.6	6:24	7:54	
18	Mon	2:55	2.6	3:26	3.0	8:59	0.5	9:58	0.7	6:24	7:52	
19	Tue	3:43	2.5	4:16	3.0	9:48	0.6	10:56	0.7	6:25	7:51	
20	Wed	4:39	2.5	5:15	3.0	10:44	0.6	11:54	0.6	6:26	7:50	
21	Thu	5:43	2.5	6:16	3.1	11:45	0.5			6:27	7:48	
22	Fri	6:44	2.6	7:13	3.3	12:49	0.5	12:43	0.4	6:28	7:47	
23	Sat	7:39	2.8	8:05	3.5	1:41	0.4	1:40	0.3	6:29	7:46	
24	Sun	8:31	3.0	8:56	3.6	2:31	0.3	2:36	0.2	6:29	7:44	
25	Mon	9:22	3.3	9:46	3.7	3:20	0.1	3:30	0.1	6:30	7:43	
26	Tue	10:12	3.5	10:35	3.8	4:07	0.0	4:22	0.0	6:31	7:42	
27	Wed	11:01	3.6	11:24	3.7	4:52	-0.1	5:14	0.0	6:32	7:40	
28	Thu	11:51	3.7			5:36	-0.1	6:06	0.0	6:33	7:39	
29	Fri	12:14	3.6	12:42	3.8	6:23	0.0	7:03	0.1	6:33	7:37	
30	Sat	1:06	3.5	1:37	3.7	7:14	0.0	8:04	0.2	6:34	7:36	
31	Sun	2:01	3.3	2:33	3.7	8:09	0.1	9:08	0.3	6:35	7:35	