

Norfolk, VA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:52	2.2	5:38	2.8	11:02	0.3			5:49	8:28	
2	Mon	5:52	2.2	6:32	2.9	12:10	0.4	11:51 AM	0.4	5:50	8:28	
3	Tue	6:49	2.2	7:20	2.9	1:01	0.4	12:39	0.4	5:50	8:28	
4	Wed	7:39	2.2	8:05	3.0	1:49	0.4	1:26	0.3	5:51	8:28	
5	Thu	8:26	2.3	8:48	3.0	2:35	0.3	2:13	0.3	5:51	8:27	
6	Fri	9:11	2.4	9:30	3.1	3:19	0.3	3:00	0.3	5:52	8:27	
7	Sat	9:54	2.5	10:10	3.1	3:58	0.2	3:44	0.2	5:52	8:27	
8	Sun	10:34	2.6	10:48	3.1	4:35	0.2	4:26	0.2	5:53	8:27	
9	Mon	11:13	2.6	11:25	3.1	5:09	0.1	5:06	0.2	5:53	8:26	
10	Tue	11:52	2.7			5:44	0.1	5:47	0.2	5:54	8:26	
11	Wed	12:04	3.1	12:32	2.8	6:19	0.1	6:32	0.2	5:55	8:26	
12	Thu	12:45	3.0	1:15	2.9	6:58	0.1	7:22	0.3	5:55	8:25	
13	Fri	1:29	2.9	2:00	3.0	7:40	0.1	8:17	0.3	5:56	8:25	
14	Sat	2:16	2.8	2:48	3.1	8:27	0.1	9:16	0.3	5:57	8:25	
15	Sun	3:06	2.7	3:41	3.2	9:17	0.1	10:20	0.3	5:57	8:24	
16	Mon	4:03	2.5	4:41	3.2	10:13	0.1	11:28	0.3	5:58	8:24	
17	Tue	5:08	2.5	5:49	3.3	11:15	0.1			5:59	8:23	
18	Wed	6:19	2.5	6:57	3.4	12:35	0.2	12:20	0.1	5:59	8:22	
19	Thu	7:25	2.5	8:00	3.5	1:37	0.2	1:23	0.0	6:00	8:22	
20	Fri	8:27	2.7	8:59	3.5	2:37	0.1	2:26	0.0	6:01	8:21	
21	Sat	9:27	2.8	9:55	3.5	3:33	0.0	3:26	-0.1	6:02	8:21	
22	Sun	10:22	3.0	10:45	3.5	4:23	0.0	4:22	-0.1	6:02	8:20	
23	Mon	11:13	3.1	11:31	3.3	5:08	-0.1	5:14	0.0	6:03	8:19	
24	Tue			12:01	3.1	5:51	0.0	6:04	0.1	6:04	8:19	
25	Wed	12:16	3.2	12:49	3.1	6:33	0.0	6:56	0.2	6:05	8:18	
26	Thu	1:00	3.0	1:36	3.1	7:15	0.1	7:49	0.3	6:05	8:17	
27	Fri	1:44	2.8	2:21	3.0	7:57	0.2	8:42	0.4	6:06	8:16	
28	Sat	2:28	2.6	3:05	3.0	8:39	0.3	9:35	0.5	6:07	8:15	
29	Sun	3:13	2.4	3:51	2.9	9:23	0.4	10:31	0.6	6:08	8:15	
30	Mon	4:02	2.3	4:44	2.8	10:10	0.5	11:28	0.6	6:09	8:14	
31	Tue	5:01	2.2	5:44	2.8	11:03	0.5			6:09	8:13	