

West Point, VA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:34	3.1	4:12	3.4	10:18	0.0	11:06	0.2	6:11	8:15	
2	Mon	4:28	2.9	5:08	3.4	11:13	0.0			6:12	8:14	
3	Tue	5:24	2.8	6:09	3.3	12:10	0.3	12:12	0.1	6:13	8:13	
4	Wed	6:29	2.7	7:18	3.3	1:16	0.3	1:16	0.1	6:13	8:12	
5	Thu	7:42	2.7	8:27	3.4	2:22	0.3	2:21	0.2	6:14	8:11	
6	Fri	8:51	2.7	9:28	3.4	3:23	0.2	3:23	0.1	6:15	8:10	
7	Sat	9:51	2.8	10:22	3.4	4:20	0.2	4:23	0.1	6:16	8:09	
8	Sun	10:46	3.0	11:12	3.4	5:13	0.1	5:19	0.1	6:17	8:08	
9	Mon	11:37	3.1	11:57	3.4	6:00	0.1	6:11	0.1	6:18	8:06	
10	Tue			12:22	3.2	6:43	0.1	6:57	0.1	6:19	8:05	
11	Wed	12:38	3.3	1:03	3.2	7:21	0.1	7:39	0.2	6:19	8:04	
12	Thu	1:17	3.2	1:43	3.2	7:57	0.1	8:21	0.3	6:20	8:03	
13	Fri	1:55	3.1	2:22	3.2	8:32	0.2	9:03	0.4	6:21	8:02	
14	Sat	2:34	3.0	3:01	3.1	9:07	0.3	9:47	0.5	6:22	8:00	
15	Sun	3:15	2.8	3:41	3.0	9:44	0.4	10:34	0.6	6:23	7:59	
16	Mon	3:57	2.7	4:22	3.0	10:25	0.5	11:23	0.6	6:24	7:58	
17	Tue	4:41	2.6	5:06	3.0	11:09	0.5			6:25	7:57	
18	Wed	5:29	2.5	5:55	2.9	12:16	0.7	11:58 AM	0.6	6:25	7:55	
19	Thu	6:25	2.4	6:54	2.9	1:13	0.7	12:54	0.6	6:26	7:54	
20	Fri	7:28	2.5	7:55	3.0	2:10	0.7	1:53	0.5	6:27	7:53	
21	Sat	8:29	2.6	8:51	3.1	3:02	0.6	2:51	0.5	6:28	7:51	
22	Sun	9:22	2.8	9:41	3.3	3:51	0.5	3:46	0.4	6:29	7:50	
23	Mon	10:11	3.0	10:29	3.4	4:37	0.3	4:39	0.3	6:30	7:49	
24	Tue	10:58	3.2	11:16	3.5	5:22	0.2	5:31	0.2	6:30	7:47	
25	Wed	11:45	3.4			6:06	0.1	6:22	0.1	6:31	7:46	
26	Thu	12:02	3.6	12:31	3.6	6:48	0.0	7:11	0.0	6:32	7:44	
27	Fri	12:48	3.6	1:18	3.7	7:31	0.0	8:00	0.0	6:33	7:43	
28	Sat	1:35	3.5	2:07	3.8	8:15	0.0	8:52	0.1	6:34	7:42	
29	Sun	2:24	3.4	2:59	3.8	9:02	0.0	9:50	0.2	6:35	7:40	
30	Mon	3:17	3.2	3:54	3.7	9:56	0.1	10:52	0.3	6:36	7:39	
31	Tue	4:13	3.1	4:52	3.6	10:55	0.2	11:57	0.4	6:36	7:37	