

West Point, VA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:41	2.2	7:27	2.8	1:33	0.4	1:20	0.3	5:49	8:32	
2	Mon	7:41	2.2	8:21	2.9	2:28	0.4	2:09	0.4	5:50	8:32	
3	Tue	8:38	2.2	9:09	2.9	3:19	0.4	2:57	0.4	5:50	8:32	
4	Wed	9:28	2.2	9:54	3.0	4:07	0.4	3:44	0.3	5:51	8:32	
5	Thu	10:15	2.3	10:37	3.0	4:53	0.3	4:31	0.3	5:51	8:31	
6	Fri	11:00	2.4	11:19	3.1	5:37	0.3	5:18	0.3	5:52	8:31	
7	Sat	11:43	2.5	11:59	3.1	6:16	0.2	6:02	0.2	5:52	8:31	
8	Sun			12:23	2.6	6:53	0.2	6:44	0.2	5:53	8:31	
9	Mon	12:37	3.1	1:02	2.6	7:27	0.1	7:24	0.2	5:53	8:30	
10	Tue	1:14	3.1	1:41	2.7	8:02	0.1	8:05	0.2	5:54	8:30	
11	Wed	1:53	3.1	2:21	2.8	8:37	0.1	8:50	0.2	5:55	8:30	
12	Thu	2:34	3.0	3:04	2.9	9:16	0.1	9:40	0.3	5:55	8:29	
13	Fri	3:18	2.9	3:49	3.0	9:58	0.1	10:35	0.3	5:56	8:29	
14	Sat	4:05	2.8	4:37	3.1	10:45	0.1	11:34	0.3	5:57	8:28	
15	Sun	4:55	2.7	5:30	3.2	11:35	0.1			5:57	8:28	
16	Mon	5:52	2.5	6:30	3.2	12:38	0.3	12:31	0.1	5:58	8:27	
17	Tue	6:57	2.5	7:38	3.3	1:46	0.3	1:33	0.1	5:59	8:27	
18	Wed	8:08	2.5	8:46	3.4	2:53	0.2	2:38	0.1	6:00	8:26	
19	Thu	9:14	2.5	9:49	3.5	3:55	0.2	3:41	0.0	6:00	8:26	
20	Fri	10:16	2.7	10:48	3.5	4:55	0.1	4:44	0.0	6:01	8:25	
21	Sat	11:16	2.8	11:44	3.5	5:51	0.0	5:44	-0.1	6:02	8:24	
22	Sun			12:11	3.0	6:41	0.0	6:40	-0.1	6:03	8:24	
23	Mon	12:34	3.5	1:02	3.1	7:26	-0.1	7:32	0.0	6:03	8:23	
24	Tue	1:20	3.3	1:50	3.1	8:09	0.0	8:22	0.1	6:04	8:22	
25	Wed	2:05	3.2	2:38	3.1	8:51	0.0	9:14	0.2	6:05	8:21	
26	Thu	2:49	3.0	3:25	3.1	9:33	0.1	10:07	0.3	6:06	8:21	
27	Fri	3:33	2.8	4:10	3.0	10:15	0.2	11:00	0.4	6:07	8:20	
28	Sat	4:17	2.6	4:54	3.0	10:57	0.3	11:53	0.5	6:07	8:19	
29	Sun	5:02	2.4	5:40	2.9	11:41	0.4			6:08	8:18	
30	Mon	5:51	2.3	6:33	2.8	12:49	0.6	12:28	0.5	6:09	8:17	
31	Tue	6:50	2.2	7:33	2.8	1:46	0.6	1:21	0.5	6:10	8:16	