

































Alexandria, VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:41	3.0	6:16	2.6			12:23	0.8	6:09	8:19	
2	Sun	6:32	3.0	7:07	2.7	12:14	0.8	1:14	0.7	6:10	8:18	
3	Mon	7:20	3.1	7:54	2.7	1:07	0.8	2:00	0.6	6:11	8:17	
4	Tue	8:04	3.1	8:37	2.8	1:56	0.7	2:41	0.5	6:12	8:16	
5	Wed	8:45	3.1	9:16	2.9	2:41	0.7	3:19	0.5	6:13	8:14	
6	Thu	9:22	3.1	9:50	2.9	3:22	0.7	3:53	0.5	6:14	8:13	
7	Fri	9:57	3.1	10:21	2.9	4:00	0.7	4:25	0.5	6:15	8:12	
8	Sat	10:30	3.0	10:50	3.0	4:38	0.7	4:55	0.5	6:15	8:11	
9	Sun	11:03	3.0	11:20	3.0	5:15	0.8	5:25	0.5	6:16	8:10	
10	Mon	11:39	3.0	11:56	3.1	5:55	0.8	5:58	0.6	6:17	8:09	
11	Tue			12:20	2.9	6:36	0.9	6:34	0.6	6:18	8:07	
12	Wed	12:38	3.2	1:05	2.8	7:21	1.0	7:14	0.6	6:19	8:06	
13	Thu	1:24	3.2	1:56	2.7	8:13	1.1	8:00	0.7	6:20	8:05	
14	Fri	2:16	3.2	2:56	2.6	9:21	1.1	8:57	0.8	6:21	8:04	
15	Sat	3:17	3.2	4:09	2.6	10:38	1.1	10:10	0.8	6:22	8:02	
16	Sun	4:29	3.1	5:23	2.6	11:47	1.0	11:30	0.8	6:23	8:01	
17	Mon	5:40	3.2	6:27	2.8			12:50	0.8	6:24	8:00	
18	Tue	6:44	3.3	7:25	2.9	12:44	0.6	1:47	0.5	6:24	7:58	
19	Wed	7:43	3.3	8:18	3.1	1:50	0.5	2:38	0.4	6:25	7:57	
20	Thu	8:38	3.4	9:09	3.2	2:48	0.3	3:26	0.2	6:26	7:56	
21	Fri	9:30	3.3	9:57	3.3	3:42	0.2	4:12	0.2	6:27	7:54	
22	Sat	10:19	3.3	10:46	3.3	4:34	0.2	4:58	0.2	6:28	7:53	
23	Sun	11:09	3.2	11:35	3.3	5:27	0.3	5:43	0.3	6:29	7:51	
24	Mon			12:01	3.0	6:19	0.4	6:28	0.4	6:30	7:50	
25	Tue	12:26	3.3	12:54	2.9	7:12	0.6	7:13	0.6	6:31	7:49	
26	Wed	1:18	3.2	1:48	2.7	8:05	0.8	7:59	0.7	6:32	7:47	
27	Thu	2:10	3.1	2:45	2.6	9:00	0.9	8:49	0.9	6:33	7:46	
28	Fri	3:06	3.0	3:47	2.6	9:58	1.0	9:45	1.0	6:33	7:44	
29	Sat	4:08	2.9	4:51	2.6	10:55	1.0	10:45	1.1	6:34	7:43	
30	Sun	5:09	2.9	5:49	2.6	11:48	1.0	11:43	1.0	6:35	7:41	
31	Mon	6:04	3.0	6:40	2.7			12:38	0.9	6:36	7:40	