

































## Cape Charles Harbor, VA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:15	1.8	5:04	2.3	10:46	0.4	11:56	0.5	5:47	8:28	
2	Mon	5:16	1.7	5:57	2.4	11:33	0.4			5:47	8:28	
3	Tue	6:14	1.7	6:45	2.4	12:47	0.5	12:21	0.4	5:48	8:28	
4	Wed	7:05	1.8	7:31	2.5	1:35	0.4	1:08	0.4	5:48	8:28	
5	Thu	7:52	1.8	8:15	2.5	2:21	0.4	1:55	0.4	5:49	8:27	
6	Fri	8:38	1.9	8:59	2.5	3:03	0.3	2:42	0.3	5:49	8:27	
7	Sat	9:20	2.0	9:39	2.6	3:41	0.3	3:26	0.3	5:50	8:27	
8	Sun	10:01	2.1	10:18	2.6	4:17	0.2	4:08	0.2	5:50	8:27	
9	Mon	10:40	2.2	10:56	2.6	4:51	0.1	4:48	0.2	5:51	8:26	
10	Tue	11:20	2.2	11:36	2.5	5:26	0.1	5:30	0.2	5:52	8:26	
11	Wed			12:02	2.3	6:03	0.1	6:15	0.2	5:52	8:26	
12	Thu	12:17	2.5	12:46	2.4	6:43	0.1	7:06	0.3	5:53	8:25	
13	Fri	1:01	2.4	1:32	2.5	7:28	0.1	8:02	0.3	5:54	8:25	
14	Sat	1:47	2.3	2:21	2.5	8:16	0.1	9:01	0.3	5:54	8:25	
15	Sun	2:37	2.2	3:15	2.6	9:07	0.1	10:05	0.3	5:55	8:24	
16	Mon	3:34	2.1	4:16	2.7	10:03	0.1	11:13	0.3	5:56	8:24	
17	Tue	4:40	2.0	5:23	2.7	11:03	0.1			5:56	8:23	
18	Wed	5:51	2.0	6:29	2.8	12:19	0.2	12:06	0.0	5:57	8:22	
19	Thu	6:57	2.1	7:31	2.9	1:21	0.1	1:08	0.0	5:58	8:22	
20	Fri	7:59	2.2	8:30	3.0	2:21	0.1	2:10	-0.1	5:59	8:21	
21	Sat	8:57	2.3	9:25	3.0	3:16	0.0	3:09	-0.1	5:59	8:21	
22	Sun	9:51	2.4	10:15	2.9	4:06	-0.1	4:04	-0.2	6:00	8:20	
23	Mon	10:40	2.5	11:01	2.8	4:51	-0.1	4:55	-0.1	6:01	8:19	
24	Tue	11:27	2.6	11:45	2.7	5:34	-0.1	5:45	0.0	6:02	8:18	
25	Wed			12:14	2.6	6:16	0.0	6:36	0.1	6:02	8:18	
26	Thu	12:27	2.5	1:00	2.6	6:58	0.1	7:30	0.3	6:03	8:17	
27	Fri	1:10	2.3	1:44	2.5	7:40	0.2	8:24	0.4	6:04	8:16	
28	Sat	1:51	2.1	2:28	2.5	8:22	0.3	9:18	0.6	6:05	8:15	
29	Sun	2:34	1.9	3:15	2.4	9:06	0.4	10:15	0.6	6:06	8:14	
30	Mon	3:22	1.8	4:08	2.4	9:52	0.5	11:14	0.7	6:07	8:13	
31	Tue	4:21	1.7	5:10	2.4	10:45	0.6			6:07	8:13	