US HARBORS www.USHarbors.com

Newport News, VA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:58	2.1	5:44	2.7	11:10	0.3			5:49	8:29	
2	Mon	5:58	2.1	6:38	2.7	12:18	0.4	11:59 AM	0.4	5:50	8:29	
3	Tue	6:55	2.1	7:26	2.7	1:09	0.4	12:47	0.4	5:50	8:29	
4	Wed	7:45	2.1	8:11	2.8	1:57	0.4	1:34	0.3	5:51	8:28	
5	Thu	8:32	2.2	8:54	2.9	2:43	0.3	2:21	0.3	5:51	8:28	
6	Fri	9:17	2.3	9:36	2.9	3:27	0.3	3:08	0.3	5:52	8:28	
7	Sat	10:00	2.3	10:16	2.9	4:06	0.2	3:52	0.2	5:52	8:28	
8	Sun	10:40	2.4	10:54	3.0	4:43	0.2	4:34	0.2	5:53	8:28	
9	Mon	11:19	2.5	11:31	2.9	5:17	0.1	5:14	0.2	5:54	8:27	
10	Tue	11:58	2.6			5:52	0.1	5:55	0.2	5:54	8:27	
11	Wed	12:10	2.9	12:38	2.7	6:27	0.1	6:40	0.2	5:55	8:27	
12	Thu	12:51	2.8	1:21	2.7	7:06	0.1	7:30	0.3	5:55	8:26	
13	Fri	1:35	2.8	2:06	2.8	7:48	0.1	8:25	0.3	5:56	8:26	
14	Sat	2:22	2.6	2:54	2.9	8:35	0.1	9:24	0.3	5:57	8:25	
15	Sun	3:12	2.5	3:47	3.0	9:25	0.1	10:28	0.3	5:57	8:25	
16	Mon	4:09	2.4	4:47	3.0	10:21	0.1	11:36	0.3	5:58	8:24	
17	Tue	5:14	2.3	5:55	3.1	11:23	0.1			5:59	8:24	
18	Wed	6:25	2.3	7:03	3.2	12:43	0.2	12:28	0.1	6:00	8:23	
19	Thu	7:31	2.4	8:06	3.3	1:45	0.2	1:31	0.0	6:00	8:23	
20	Fri	8:33	2.5	9:05	3.3	2:45	0.1	2:34	0.0	6:01	8:22	
21	Sat	9:33	2.7	10:01	3.3	3:41	0.0	3:34	-0.1	6:02	8:21	
22	Sun	10:28	2.8	10:51	3.3	4:31	0.0	4:30	-0.1	6:03	8:21	
23	Mon	11:19	2.9	11:37	3.2	5:16	-0.1	5:22	0.0	6:03	8:20	
24	Tue			12:07	3.0	5:59	0.0	6:12	0.1	6:04	8:19	
25	Wed	12:22	3.0	12:55	3.0	6:41	0.0	7:04	0.2	6:05	8:19	
26	Thu	1:06	2.8	1:42	2.9	7:23	0.1	7:57	0.3	6:06	8:18	
27	Fri	1:50	2.6	2:27	2.9	8:05	0.2	8:50	0.4	6:06	8:17	
28	Sat	2:34	2.4	3:11	2.8	8:47	0.3	9:43	0.5	6:07	8:16	
29	Sun	3:19	2.3	3:57	2.7	9:31	0.4	10:39	0.6	6:08	8:15	
30	Mon	4:08	2.2	4:50	2.7	10:18	0.5	11:36	0.6	6:09	8:14	
31	Tue	5:07	2.1	5:50	2.7	11:11	0.5			6:10	8:14	