US HARBORS www.USHarbors.com

Newport News, VA - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:28	2.2	6:16	2.9	11:38	0.2			5:50	8:29	
2	Thu	6:31	2.2	7:11	2.9	12:45	0.3	12:31	0.2	5:50	8:29	
3	Fri	7:27	2.2	7:59	2.9	1:38	0.3	1:22	0.2	5:50	8:29	
4	Sat	8:17	2.2	8:45	2.9	2:28	0.3	2:11	0.2	5:51	8:28	
5	Sun	9:04	2.3	9:27	2.9	3:14	0.2	2:59	0.2	5:52	8:28	
6	Mon	9:48	2.4	10:07	2.9	3:56	0.2	3:44	0.2	5:52	8:28	
7	Tue	10:29	2.4	10:44	2.9	4:34	0.2	4:25	0.2	5:53	8:28	
8	Wed	11:08	2.5	11:19	2.9	5:08	0.2	5:03	0.2	5:53	8:28	
9	Thu	11:45	2.5	11:55	2.8	5:40	0.1	5:40	0.3	5:54	8:27	
10	Fri			12:22	2.5	6:11	0.2	6:18	0.3	5:54	8:27	
11	Sat	12:31	2.7	12:59	2.6	6:44	0.2	6:59	0.4	5:55	8:26	
12	Sun	1:08	2.6	1:37	2.6	7:18	0.2	7:44	0.4	5:56	8:26	
13	Mon	1:48	2.5	2:17	2.7	7:56	0.2	8:34	0.4	5:56	8:26	
14	Tue	2:30	2.4	2:59	2.7	8:38	0.2	9:28	0.4	5:57	8:25	
15	Wed	3:16	2.4	3:47	2.8	9:24	0.2	10:27	0.4	5:58	8:25	
16	Thu	4:09	2.3	4:43	2.9	10:17	0.2	11:32	0.4	5:58	8:24	
17	Fri	5:11	2.2	5:48	3.0	11:17	0.2			5:59	8:24	
18	Sat	6:20	2.3	6:53	3.1	12:37	0.3	12:20	0.1	6:00	8:23	
19	Sun	7:24	2.4	7:55	3.3	1:38	0.2	1:23	0.0	6:01	8:23	
20	Mon	8:26	2.5	8:55	3.4	2:38	0.1	2:26	0.0	6:01	8:22	
21	Tue	9:25	2.7	9:52	3.5	3:34	0.0	3:28	-0.1	6:02	8:21	
22	Wed	10:22	2.9	10:46	3.5	4:25	-0.1	4:26	-0.2	6:03	8:21	
23	Thu	11:16	3.0	11:38	3.4	5:13	-0.2	5:22	-0.2	6:04	8:20	
24	Fri			12:09	3.1	6:00	-0.2	6:17	-0.1	6:04	8:19	
25	Sat	12:28	3.2	1:02	3.2	6:47	-0.1	7:15	0.0	6:05	8:18	
26	Sun	1:19	3.0	1:56	3.2	7:35	-0.1	8:15	0.1	6:06	8:18	
27	Mon	2:09	2.8	2:48	3.1	8:25	0.0	9:16	0.3	6:07	8:17	
28	Tue	2:59	2.5	3:41	3.0	9:15	0.2	10:16	0.4	6:08	8:16	
29	Wed	3:52	2.4	4:38	2.9	10:08	0.3	11:18	0.5	6:08	8:15	
30	Thu	4:51	2.2	5:42	2.8	11:03	0.4			6:09	8:14	
31	Fri	5:58	2.2	6:42	2.8	12:17	0.5	12:01	0.4	6:10	8:13	