US HARBORS www.USHarbors.com

Newport News, VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:00	2.2	7:34	2.8	1:11	0.5	12:55	0.4	6:11	8:12	
2	Sun	7:53	2.3	8:20	2.9	2:00	0.4	1:46	0.4	6:12	8:11	
3	Mon	8:40	2.4	9:02	2.9	2:46	0.4	2:35	0.4	6:12	8:10	
4	Tue	9:24	2.5	9:42	3.0	3:27	0.3	3:21	0.3	6:13	8:09	
5	Wed	10:04	2.6	10:18	3.0	4:04	0.3	4:03	0.3	6:14	8:08	
6	Thu	10:41	2.7	10:53	3.0	4:36	0.2	4:42	0.3	6:15	8:07	
7	Fri	11:16	2.8	11:27	2.9	5:07	0.2	5:19	0.3	6:16	8:06	
8	Sat	11:50	2.9			5:37	0.2	5:55	0.3	6:17	8:05	
9	Sun	12:01	2.9	12:25	2.9	6:07	0.2	6:34	0.4	6:17	8:04	
10	Mon	12:37	2.8	1:02	3.0	6:40	0.2	7:17	0.4	6:18	8:03	
11	Tue	1:17	2.7	1:43	3.0	7:18	0.2	8:06	0.5	6:19	8:02	
12	Wed	2:00	2.6	2:28	3.0	8:02	0.3	9:00	0.5	6:20	8:00	
13	Thu	2:48	2.5	3:18	3.1	8:52	0.3	10:02	0.5	6:21	7:59	
14	Fri	3:42	2.4	4:16	3.1	9:50	0.3	11:10	0.5	6:22	7:58	
15	Sat	4:47	2.4	5:26	3.1	10:55	0.3			6:22	7:57	
16	Sun	6:01	2.4	6:38	3.2	12:18	0.5	12:05	0.3	6:23	7:56	
17	Mon	7:10	2.6	7:43	3.4	1:21	0.4	1:13	0.2	6:24	7:54	
18	Tue	8:13	2.8	8:42	3.5	2:19	0.2	2:17	0.1	6:25	7:53	
19	Wed	9:11	3.1	9:37	3.5	3:13	0.1	3:19	0.0	6:26	7:52	
20	Thu	10:06	3.3	10:28	3.5	4:02	0.0	4:16	-0.1	6:27	7:51	
21	Fri	10:57	3.4	11:16	3.4	4:48	-0.1	5:09	0.0	6:27	7:49	
22	Sat	11:46	3.5			5:31	-0.1	6:01	0.0	6:28	7:48	
23	Sun	12:03	3.2	12:35	3.5	6:15	0.0	6:53	0.2	6:29	7:47	
24	Mon	12:50	3.0	1:25	3.4	6:59	0.1	7:49	0.3	6:30	7:45	
25	Tue	1:38	2.8	2:15	3.3	7:47	0.3	8:46	0.5	6:31	7:44	
26	Wed	2:27	2.6	3:05	3.1	8:37	0.4	9:44	0.6	6:31	7:42	
27	Thu	3:18	2.5	3:58	3.0	9:30	0.5	10:44	0.7	6:32	7:41	
28	Fri	4:14	2.4	5:00	2.9	10:27	0.6	11:44	0.7	6:33	7:40	
29	Sat	5:22	2.3	6:07	2.9	11:29	0.7			6:34	7:38	
30	Sun	6:30	2.4	7:03	2.9	12:39	0.7	12:28	0.7	6:35	7:37	
31	Mon	7:26	2.5	7:50	3.0	1:27	0.6	1:21	0.6	6:36	7:35	