US HARBORS www.USHarbors.com

Newport News, VA - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:14	2.6	1:45	2.5	7:29	0.2	7:51	0.4	5:49	8:29	
2	Fri	1:54	2.5	2:24	2.5	8:05	0.3	8:40	0.5	5:50	8:29	
3	Sat	2:35	2.4	3:05	2.6	8:44	0.3	9:30	0.5	5:50	8:29	
4	Sun	3:18	2.3	3:48	2.6	9:25	0.3	10:24	0.5	5:51	8:28	
5	Mon	4:05	2.2	4:37	2.6	10:11	0.3	11:23	0.5	5:51	8:28	
6	Tue	5:01	2.1	5:34	2.7	11:03	0.3			5:52	8:28	
7	Wed	6:03	2.1	6:32	2.8	12:21	0.4	11:59 AM	0.3	5:53	8:28	
8	Thu	7:02	2.2	7:28	3.0	1:16	0.3	12:56	0.2	5:53	8:28	
9	Fri	7:58	2.3	8:22	3.1	2:10	0.2	1:52	0.1	5:54	8:27	
10	Sat	8:52	2.4	9:15	3.3	3:03	0.1	2:49	0.0	5:54	8:27	
11	Sun	9:46	2.6	10:08	3.3	3:53	0.0	3:46	-0.1	5:55	8:27	
12	Mon	10:38	2.8	10:58	3.4	4:41	-0.1	4:40	-0.1	5:56	8:26	
13	Tue	11:29	2.9	11:48	3.3	5:27	-0.2	5:33	-0.2	5:56	8:26	
14	Wed			12:21	3.0	6:12	-0.2	6:28	-0.1	5:57	8:25	
15	Thu	12:39	3.2	1:15	3.1	7:01	-0.2	7:28	0.0	5:58	8:25	
16	Fri	1:32	3.0	2:10	3.2	7:51	-0.1	8:30	0.1	5:58	8:24	
17	Sat	2:25	2.8	3:05	3.2	8:44	-0.1	9:34	0.2	5:59	8:24	
18	Sun	3:19	2.6	4:03	3.1	9:38	0.0	10:39	0.2	6:00	8:23	
19	Mon	4:16	2.4	5:07	3.0	10:35	0.1	11:44	0.3	6:00	8:23	
20	Tue	5:23	2.3	6:14	3.0	11:35	0.2			6:01	8:22	
21	Wed	6:32	2.3	7:15	3.0	12:45	0.3	12:34	0.2	6:02	8:21	
22	Thu	7:32	2.3	8:08	3.0	1:41	0.3	1:31	0.2	6:03	8:21	
23	Fri	8:26	2.4	8:56	3.0	2:33	0.3	2:24	0.2	6:03	8:20	
24	Sat	9:16	2.5	9:39	3.0	3:21	0.2	3:15	0.2	6:04	8:19	
25	Sun	10:01	2.6	10:18	3.0	4:03	0.2	4:01	0.2	6:05	8:19	
26	Mon	10:41	2.6	10:54	2.9	4:39	0.2	4:42	0.2	6:06	8:18	
27	Tue	11:19	2.7	11:29	2.9	5:13	0.1	5:20	0.3	6:07	8:17	
28	Wed	11:54	2.7			5:44	0.2	5:57	0.3	6:07	8:16	
29	Thu	12:04	2.8	12:30	2.7	6:14	0.2	6:35	0.4	6:08	8:15	
30	Fri	12:40	2.7	1:06	2.7	6:45	0.2	7:16	0.4	6:09	8:14	
31	Sat	1:18	2.6	1:44	2.8	7:19	0.3	8:00	0.5	6:10	8:13	