US HARBORS www.USHarbors.com

Newport News, VA - Aug 2010

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