

## Norfolk, VA - Jul 2006

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sat | 1:50  | 2.6 | 2:28  | 2.6 | 8:12  | 0.3  | 8:34     | 0.5  | 5:49                                                                                | 8:28 |    |
| 2    | Sun | 2:31  | 2.5 | 3:09  | 2.6 | 8:49  | 0.3  | 9:26     | 0.5  | 5:50                                                                                | 8:28 |    |
| 3    | Mon | 3:14  | 2.4 | 3:52  | 2.7 | 9:28  | 0.4  | 10:20    | 0.5  | 5:50                                                                                | 8:28 |    |
| 4    | Tue | 4:01  | 2.3 | 4:41  | 2.7 | 10:10 | 0.4  | 11:17    | 0.5  | 5:51                                                                                | 8:28 |    |
| 5    | Wed | 4:55  | 2.2 | 5:35  | 2.8 | 10:58 | 0.4  |          |      | 5:51                                                                                | 8:27 |    |
| 6    | Thu | 5:55  | 2.1 | 6:30  | 2.9 | 12:13 | 0.5  | 11:49 AM | 0.4  | 5:52                                                                                | 8:27 |    |
| 7    | Fri | 6:52  | 2.2 | 7:21  | 3.0 | 1:06  | 0.4  | 12:42    | 0.3  | 5:52                                                                                | 8:27 |    |
| 8    | Sat | 7:45  | 2.3 | 8:12  | 3.2 | 1:57  | 0.3  | 1:35     | 0.2  | 5:53                                                                                | 8:27 |    |
| 9    | Sun | 8:37  | 2.4 | 9:03  | 3.3 | 2:49  | 0.2  | 2:30     | 0.1  | 5:53                                                                                | 8:26 |    |
| 10   | Mon | 9:29  | 2.5 | 9:54  | 3.4 | 3:38  | 0.1  | 3:24     | 0.1  | 5:54                                                                                | 8:26 |    |
| 11   | Tue | 10:19 | 2.7 | 10:43 | 3.5 | 4:25  | 0.0  | 4:17     | 0.0  | 5:55                                                                                | 8:26 |    |
| 12   | Wed | 11:09 | 2.8 | 11:32 | 3.5 | 5:10  | 0.0  | 5:09     | -0.1 | 5:55                                                                                | 8:25 |   |
| 13   | Thu | 11:59 | 2.9 |       |     | 5:54  | -0.1 | 6:02     | 0.0  | 5:56                                                                                | 8:25 |  |
| 14   | Fri | 12:22 | 3.4 | 12:52 | 3.1 | 6:41  | -0.1 | 6:59     | 0.0  | 5:57                                                                                | 8:24 |  |
| 15   | Sat | 1:13  | 3.2 | 1:46  | 3.2 | 7:30  | -0.1 | 8:02     | 0.1  | 5:57                                                                                | 8:24 |  |
| 16   | Sun | 2:05  | 3.1 | 2:40  | 3.2 | 8:20  | 0.0  | 9:06     | 0.2  | 5:58                                                                                | 8:23 |  |
| 17   | Mon | 2:58  | 2.8 | 3:35  | 3.2 | 9:12  | 0.0  | 10:11    | 0.2  | 5:59                                                                                | 8:23 |  |
| 18   | Tue | 3:54  | 2.6 | 4:36  | 3.2 | 10:06 | 0.1  | 11:17    | 0.3  | 5:59                                                                                | 8:22 |  |
| 19   | Wed | 4:57  | 2.5 | 5:43  | 3.2 | 11:04 | 0.1  |          |      | 6:00                                                                                | 8:22 |  |
| 20   | Thu | 6:05  | 2.4 | 6:48  | 3.2 | 12:22 | 0.3  | 12:03    | 0.2  | 6:01                                                                                | 8:21 |  |
| 21   | Fri | 7:08  | 2.4 | 7:46  | 3.2 | 1:21  | 0.3  | 1:01     | 0.2  | 6:02                                                                                | 8:21 |  |
| 22   | Sat | 8:06  | 2.5 | 8:38  | 3.2 | 2:17  | 0.3  | 1:58     | 0.2  | 6:02                                                                                | 8:20 |  |
| 23   | Sun | 8:59  | 2.6 | 9:26  | 3.2 | 3:09  | 0.2  | 2:52     | 0.2  | 6:03                                                                                | 8:19 |  |
| 24   | Mon | 9:48  | 2.7 | 10:09 | 3.2 | 3:55  | 0.2  | 3:42     | 0.2  | 6:04                                                                                | 8:18 |  |
| 25   | Tue | 10:32 | 2.7 | 10:47 | 3.1 | 4:35  | 0.2  | 4:27     | 0.2  | 6:05                                                                                | 8:18 |  |
| 26   | Wed | 11:13 | 2.8 | 11:23 | 3.1 | 5:11  | 0.2  | 5:08     | 0.2  | 6:06                                                                                | 8:17 |  |
| 27   | Thu | 11:52 | 2.8 | 11:59 | 3.0 | 5:44  | 0.2  | 5:47     | 0.3  | 6:06                                                                                | 8:16 |  |
| 28   | Fri |       |     | 12:30 | 2.8 | 6:16  | 0.2  | 6:26     | 0.4  | 6:07                                                                                | 8:15 |  |
| 29   | Sat | 12:35 | 2.9 | 1:08  | 2.8 | 6:47  | 0.3  | 7:09     | 0.4  | 6:08                                                                                | 8:14 |  |
| 30   | Sun | 1:13  | 2.7 | 1:46  | 2.9 | 7:20  | 0.3  | 7:54     | 0.5  | 6:09                                                                                | 8:14 |  |
| 31   | Mon | 1:52  | 2.6 | 2:24  | 2.9 | 7:55  | 0.4  | 8:42     | 0.6  | 6:09                                                                                | 8:13 |  |