

Norfolk, VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:54	2.3	7:28	3.0	1:03	0.5	12:47	0.4	6:11	8:11	
2	Sun	7:47	2.4	8:14	3.0	1:52	0.4	1:38	0.4	6:11	8:11	
3	Mon	8:34	2.5	8:56	3.1	2:38	0.4	2:27	0.4	6:12	8:10	
4	Tue	9:18	2.7	9:36	3.1	3:19	0.3	3:13	0.3	6:13	8:09	
5	Wed	9:58	2.8	10:12	3.2	3:56	0.3	3:55	0.3	6:14	8:08	
6	Thu	10:35	2.9	10:47	3.1	4:28	0.2	4:34	0.3	6:15	8:06	
7	Fri	11:10	3.0	11:21	3.1	4:59	0.2	5:11	0.3	6:15	8:05	
8	Sat	11:44	3.0	11:55	3.0	5:29	0.2	5:47	0.3	6:16	8:04	
9	Sun			12:19	3.1	5:59	0.2	6:26	0.4	6:17	8:03	
10	Mon	12:31	2.9	12:56	3.1	6:32	0.2	7:09	0.4	6:18	8:02	
11	Tue	1:11	2.8	1:37	3.2	7:10	0.2	7:58	0.5	6:19	8:01	
12	Wed	1:54	2.7	2:22	3.2	7:54	0.3	8:52	0.5	6:20	8:00	
13	Thu	2:42	2.6	3:12	3.2	8:44	0.3	9:54	0.5	6:20	7:59	
14	Fri	3:36	2.6	4:10	3.2	9:42	0.3	11:02	0.5	6:21	7:57	
15	Sat	4:41	2.5	5:20	3.3	10:47	0.3			6:22	7:56	
16	Sun	5:55	2.6	6:32	3.4	12:10	0.5	11:57 AM	0.3	6:23	7:55	
17	Mon	7:04	2.7	7:37	3.6	1:13	0.4	1:05	0.2	6:24	7:54	
18	Tue	8:07	3.0	8:36	3.7	2:11	0.2	2:09	0.1	6:25	7:52	
19	Wed	9:05	3.2	9:31	3.7	3:05	0.1	3:11	0.0	6:25	7:51	
20	Thu	10:00	3.5	10:22	3.7	3:54	0.0	4:08	-0.1	6:26	7:50	
21	Fri	10:51	3.6	11:10	3.6	4:40	-0.1	5:01	0.0	6:27	7:48	
22	Sat	11:40	3.7	11:57	3.4	5:23	-0.1	5:53	0.0	6:28	7:47	
23	Sun			12:29	3.7	6:07	0.0	6:45	0.2	6:29	7:46	
24	Mon	12:44	3.2	1:19	3.6	6:51	0.1	7:41	0.3	6:29	7:44	
25	Tue	1:32	3.0	2:09	3.5	7:39	0.3	8:38	0.5	6:30	7:43	
26	Wed	2:21	2.8	2:59	3.3	8:29	0.4	9:36	0.6	6:31	7:42	
27	Thu	3:12	2.6	3:52	3.2	9:22	0.5	10:36	0.7	6:32	7:40	
28	Fri	4:08	2.5	4:54	3.0	10:19	0.6	11:36	0.7	6:33	7:39	
29	Sat	5:16	2.5	6:01	3.0	11:21	0.7			6:34	7:38	
30	Sun	6:24	2.5	6:57	3.0	12:31	0.7	12:20	0.7	6:34	7:36	
31	Mon	7:20	2.6	7:44	3.1	1:19	0.6	1:13	0.6	6:35	7:35	