

Virginia Beach (outer coast), VA - Jun 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:15	3.0	6:43	4.2	12:29	0.0	12:07	-0.1	5:46	8:17	
2	Tue	7:08	3.0	7:30	4.3	1:23	-0.1	12:58	0.0	5:45	8:17	
3	Wed	7:56	3.0	8:13	4.2	2:09	-0.1	1:44	0.0	5:45	8:18	
4	Thu	8:40	3.0	8:54	4.1	2:50	-0.1	2:27	0.1	5:45	8:19	
5	Fri	9:22	3.0	9:34	3.9	3:28	0.0	3:07	0.2	5:44	8:19	
6	Sat	10:05	3.0	10:14	3.8	4:07	0.1	3:48	0.3	5:44	8:20	
7	Sun	10:49	2.9	10:55	3.6	4:48	0.2	4:33	0.5	5:44	8:20	
8	Mon	11:33	2.9	11:36	3.4	5:30	0.3	5:21	0.6	5:44	8:21	
9	Tue			12:16	2.9	6:11	0.4	6:10	0.8	5:44	8:21	
10	Wed	12:15	3.2	12:59	2.9	6:50	0.4	7:00	0.8	5:44	8:22	
11	Thu	12:56	3.0	1:45	3.0	7:30	0.4	7:53	0.9	5:44	8:22	
12	Fri	1:42	2.9	2:38	3.1	8:12	0.5	8:52	0.8	5:43	8:23	
13	Sat	2:36	2.7	3:31	3.3	8:57	0.4	9:49	0.7	5:43	8:23	
14	Sun	3:35	2.6	4:20	3.5	9:43	0.4	10:43	0.6	5:43	8:24	
15	Mon	4:30	2.6	5:07	3.8	10:29	0.3	11:37	0.4	5:43	8:24	
16	Tue	5:23	2.7	5:56	4.0	11:19	0.2			5:44	8:24	
17	Wed	6:17	2.8	6:47	4.2	12:31	0.2	12:12	0.1	5:44	8:25	
18	Thu	7:11	2.9	7:37	4.4	1:23	0.0	1:06	-0.1	5:44	8:25	
19	Fri	8:03	3.1	8:27	4.5	2:12	-0.2	1:58	-0.2	5:44	8:25	
20	Sat	8:53	3.2	9:17	4.5	2:58	-0.3	2:49	-0.3	5:44	8:26	
21	Sun	9:46	3.3	10:09	4.4	3:47	-0.4	3:42	-0.3	5:44	8:26	
22	Mon	10:42	3.4	11:02	4.3	4:38	-0.4	4:41	-0.2	5:45	8:26	
23	Tue	11:38	3.5	11:55	4.0	5:32	-0.4	5:44	0.0	5:45	8:26	
24	Wed			12:34	3.6	6:24	-0.3	6:48	0.1	5:45	8:26	
25	Thu	12:48	3.7	1:33	3.7	7:15	-0.3	7:55	0.2	5:45	8:26	
26	Fri	1:44	3.4	2:37	3.8	8:08	-0.2	9:06	0.3	5:46	8:27	
27	Sat	2:50	3.1	3:43	3.9	9:02	-0.1	10:14	0.3	5:46	8:27	
28	Sun	3:58	2.9	4:41	4.0	9:56	0.0	11:16	0.3	5:46	8:27	
29	Mon	4:59	2.8	5:34	4.0	10:49	0.1			5:47	8:27	
30	Tue	5:57	2.7	6:26	4.0	12:16	0.3	11:42 AM	0.2	5:47	8:27	