

Virginia Beach (outer coast), VA - Aug 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:04	3.1	8:16	3.9	2:14	0.4	1:53	0.5	6:09	8:11	
2	Sun	8:42	3.2	8:49	3.9	2:45	0.3	2:30	0.5	6:09	8:10	
3	Mon	9:17	3.3	9:22	3.8	3:13	0.3	3:05	0.5	6:10	8:09	
4	Tue	9:53	3.4	9:55	3.7	3:42	0.3	3:42	0.6	6:11	8:08	
5	Wed	10:29	3.5	10:30	3.6	4:12	0.3	4:22	0.7	6:12	8:07	
6	Thu	11:06	3.5	11:06	3.4	4:45	0.4	5:06	0.8	6:13	8:06	
7	Fri	11:42	3.6	11:43	3.2	5:20	0.4	5:51	0.8	6:14	8:05	
8	Sat			12:20	3.7	5:58	0.5	6:39	0.9	6:14	8:04	
9	Sun	12:23	3.1	1:02	3.7	6:38	0.6	7:31	0.9	6:15	8:02	
10	Mon	1:07	2.9	1:53	3.8	7:24	0.6	8:30	0.9	6:16	8:01	
11	Tue	2:03	2.8	2:55	3.9	8:18	0.6	9:33	0.8	6:17	8:00	
12	Wed	3:11	2.8	4:00	4.0	9:20	0.5	10:35	0.7	6:18	7:59	
13	Thu	4:20	2.9	5:02	4.3	10:23	0.4	11:36	0.5	6:19	7:58	
14	Fri	5:25	3.1	6:02	4.5	11:26	0.2			6:19	7:57	
15	Sat	6:28	3.4	7:00	4.7	12:35	0.2	12:30	0.0	6:20	7:55	
16	Sun	7:27	3.8	7:54	4.8	1:29	-0.1	1:31	-0.2	6:21	7:54	
17	Mon	8:21	4.1	8:44	4.8	2:17	-0.3	2:26	-0.3	6:22	7:53	
18	Tue	9:12	4.4	9:33	4.6	3:02	-0.4	3:20	-0.3	6:23	7:52	
19	Wed	10:04	4.5	10:23	4.4	3:48	-0.4	4:16	-0.1	6:24	7:50	
20	Thu	10:57	4.6	11:14	4.0	4:35	-0.3	5:16	0.1	6:24	7:49	
21	Fri	11:49	4.6			5:25	-0.1	6:17	0.3	6:25	7:48	
22	Sat	12:05	3.7	12:42	4.4	6:15	0.1	7:19	0.5	6:26	7:47	
23	Sun	12:57	3.3	1:38	4.2	7:07	0.4	8:26	0.7	6:27	7:45	
24	Mon	1:56	3.1	2:46	4.0	8:05	0.6	9:35	0.9	6:28	7:44	
25	Tue	3:13	2.9	3:58	3.9	9:08	0.8	10:37	0.9	6:28	7:43	
26	Wed	4:25	2.9	4:58	3.8	10:11	0.9	11:34	0.9	6:29	7:41	
27	Thu	5:23	3.0	5:50	3.9	11:09	0.9			6:30	7:40	
28	Fri	6:15	3.1	6:35	3.9	12:26	0.9	12:04	0.9	6:31	7:38	
29	Sat	7:00	3.3	7:15	3.9	1:09	0.8	12:53	0.8	6:32	7:37	
30	Sun	7:40	3.5	7:49	4.0	1:43	0.7	1:34	0.7	6:32	7:36	
31	Mon	8:14	3.7	8:21	4.0	2:11	0.5	2:10	0.7	6:33	7:34	