

Virginia Beach (outer coast), VA - May 1976

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