

Virginia Beach (outer coast), VA - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:42	3.1	10:52	3.8	4:36	0.0	4:34	0.3	5:45	8:17	
2	Wed	11:27	3.2	11:37	3.7	5:22	0.0	5:26	0.3	5:45	8:18	
3	Thu			12:15	3.3	6:09	0.0	6:22	0.3	5:45	8:18	
4	Fri	12:24	3.6	1:06	3.4	6:57	0.0	7:20	0.3	5:45	8:19	
5	Sat	1:16	3.5	2:04	3.6	7:49	-0.1	8:24	0.3	5:44	8:19	
6	Sun	2:16	3.3	3:09	3.8	8:45	-0.1	9:31	0.2	5:44	8:20	
7	Mon	3:23	3.2	4:12	4.0	9:42	-0.2	10:35	0.0	5:44	8:21	
8	Tue	4:29	3.2	5:11	4.3	10:39	-0.3	11:38	-0.1	5:44	8:21	
9	Wed	5:32	3.3	6:09	4.5	11:37	-0.4			5:44	8:22	
10	Thu	6:34	3.4	7:06	4.6	12:40	-0.3	12:36	-0.4	5:44	8:22	
11	Fri	7:33	3.5	7:59	4.7	1:38	-0.5	1:33	-0.5	5:43	8:23	
12	Sat	8:27	3.5	8:49	4.6	2:29	-0.6	2:25	-0.5	5:43	8:23	
13	Sun	9:18	3.5	9:38	4.4	3:17	-0.6	3:15	-0.3	5:43	8:23	
14	Mon	10:10	3.5	10:27	4.2	4:05	-0.5	4:07	-0.2	5:43	8:24	
15	Tue	11:02	3.5	11:15	3.9	4:55	-0.3	5:02	0.1	5:44	8:24	
16	Wed	11:52	3.4			5:44	-0.2	5:58	0.3	5:44	8:25	
17	Thu	12:01	3.6	12:40	3.3	6:30	0.0	6:53	0.5	5:44	8:25	
18	Fri	12:45	3.3	1:29	3.3	7:13	0.2	7:49	0.7	5:44	8:25	
19	Sat	1:31	3.0	2:23	3.2	7:57	0.3	8:49	0.8	5:44	8:25	
20	Sun	2:25	2.8	3:21	3.3	8:42	0.4	9:46	0.8	5:44	8:26	
21	Mon	3:26	2.7	4:12	3.4	9:28	0.4	10:38	0.7	5:44	8:26	
22	Tue	4:22	2.6	4:57	3.5	10:13	0.4	11:26	0.6	5:45	8:26	
23	Wed	5:12	2.6	5:40	3.6	10:58	0.4			5:45	8:26	
24	Thu	6:01	2.7	6:24	3.7	12:15	0.5	11:45 AM	0.4	5:45	8:26	
25	Fri	6:49	2.8	7:06	3.9	1:00	0.3	12:33	0.3	5:46	8:26	
26	Sat	7:33	2.9	7:47	4.0	1:40	0.2	1:19	0.2	5:46	8:27	
27	Sun	8:14	3.0	8:26	4.1	2:17	0.0	2:02	0.1	5:46	8:27	
28	Mon	8:55	3.2	9:06	4.1	2:53	-0.1	2:45	0.0	5:47	8:27	
29	Tue	9:37	3.3	9:48	4.1	3:32	-0.2	3:29	0.0	5:47	8:27	
30	Wed	10:22	3.4	10:32	4.0	4:13	-0.2	4:18	0.1	5:47	8:27	