

Virginia Beach (outer coast), VA - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:10	3.5	11:19	3.8	4:59	-0.2	5:11	0.1	5:48	8:27	
2	Fri	11:59	3.7			5:46	-0.2	6:08	0.2	5:48	8:26	
3	Sat	12:07	3.7	12:49	3.8	6:35	-0.2	7:07	0.2	5:49	8:26	
4	Sun	12:58	3.5	1:45	3.9	7:26	-0.2	8:10	0.3	5:49	8:26	
5	Mon	1:55	3.3	2:50	4.0	8:21	-0.2	9:17	0.2	5:50	8:26	
6	Tue	3:03	3.1	3:56	4.1	9:20	-0.2	10:23	0.2	5:50	8:26	
7	Wed	4:12	3.1	4:57	4.2	10:20	-0.2	11:26	0.0	5:51	8:26	
8	Thu	5:18	3.1	5:56	4.4	11:20	-0.2			5:52	8:25	
9	Fri	6:21	3.2	6:54	4.4	12:29	-0.1	12:21	-0.2	5:52	8:25	
10	Sat	7:21	3.4	7:46	4.5	1:27	-0.2	1:20	-0.2	5:53	8:25	
11	Sun	8:14	3.5	8:34	4.4	2:16	-0.3	2:12	-0.2	5:53	8:24	
12	Mon	9:02	3.6	9:19	4.3	3:00	-0.3	3:00	-0.2	5:54	8:24	
13	Tue	9:49	3.6	10:02	4.1	3:42	-0.3	3:47	0.0	5:55	8:23	
14	Wed	10:35	3.6	10:45	3.8	4:24	-0.2	4:35	0.2	5:55	8:23	
15	Thu	11:20	3.5	11:27	3.6	5:06	-0.1	5:25	0.4	5:56	8:22	
16	Fri			12:03	3.5	5:47	0.1	6:14	0.6	5:57	8:22	
17	Sat	12:07	3.3	12:44	3.4	6:27	0.2	7:03	0.7	5:58	8:21	
18	Sun	12:47	3.1	1:28	3.4	7:06	0.4	7:54	0.9	5:58	8:21	
19	Mon	1:32	2.9	2:18	3.4	7:49	0.5	8:50	0.9	5:59	8:20	
20	Tue	2:25	2.7	3:15	3.4	8:37	0.6	9:46	0.9	6:00	8:20	
21	Wed	3:28	2.6	4:09	3.5	9:27	0.6	10:38	0.8	6:00	8:19	
22	Thu	4:26	2.7	4:58	3.6	10:17	0.6	11:28	0.7	6:01	8:18	
23	Fri	5:19	2.8	5:46	3.8	11:07	0.5			6:02	8:18	
24	Sat	6:10	2.9	6:33	4.0	12:19	0.5	11:59 AM	0.4	6:03	8:17	
25	Sun	7:00	3.1	7:18	4.1	1:05	0.3	12:51	0.2	6:04	8:16	
26	Mon	7:46	3.3	8:01	4.2	1:47	0.1	1:40	0.1	6:04	8:15	
27	Tue	8:29	3.5	8:44	4.3	2:26	-0.1	2:26	0.0	6:05	8:15	
28	Wed	9:14	3.8	9:27	4.3	3:06	-0.2	3:13	-0.1	6:06	8:14	
29	Thu	10:00	3.9	10:13	4.2	3:48	-0.3	4:02	-0.1	6:07	8:13	
30	Fri	10:49	4.1	11:01	4.0	4:33	-0.3	4:57	0.0	6:08	8:12	
31	Sat	11:40	4.2	11:51	3.8	5:22	-0.3	5:54	0.1	6:08	8:11	