

Virginia Beach (outer coast), VA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:32	4.2	6:12	-0.2	6:54	0.3	6:09	8:10	
2	Mon	12:42	3.6	1:28	4.2	7:05	-0.1	7:57	0.4	6:10	8:09	
3	Tue	1:40	3.3	2:33	4.2	8:03	0.0	9:06	0.4	6:11	8:08	
4	Wed	2:49	3.2	3:43	4.2	9:05	0.1	10:13	0.4	6:12	8:07	
5	Thu	4:04	3.2	4:48	4.2	10:09	0.1	11:17	0.3	6:12	8:06	
6	Fri	5:12	3.2	5:48	4.3	11:11	0.2			6:13	8:05	
7	Sat	6:14	3.4	6:43	4.3	12:18	0.2	12:14	0.1	6:14	8:04	
8	Sun	7:10	3.5	7:33	4.3	1:13	0.1	1:12	0.1	6:15	8:03	
9	Mon	7:59	3.7	8:17	4.3	1:58	0.0	2:02	0.1	6:16	8:02	
10	Tue	8:43	3.8	8:57	4.2	2:37	0.0	2:45	0.2	6:17	8:01	
11	Wed	9:23	3.9	9:35	4.0	3:13	0.0	3:26	0.3	6:17	8:00	
12	Thu	10:03	3.9	10:13	3.9	3:48	0.1	4:07	0.4	6:18	7:58	
13	Fri	10:43	3.8	10:51	3.7	4:24	0.2	4:50	0.6	6:19	7:57	
14	Sat	11:22	3.8	11:30	3.5	5:02	0.3	5:34	0.8	6:20	7:56	
15	Sun			12:01	3.7	5:40	0.5	6:20	0.9	6:21	7:55	
16	Mon	12:10	3.3	12:41	3.6	6:21	0.6	7:06	1.0	6:22	7:54	
17	Tue	12:51	3.1	1:25	3.6	7:03	0.8	7:58	1.1	6:22	7:52	
18	Wed	1:38	2.9	2:18	3.6	7:51	0.8	8:55	1.1	6:23	7:51	
19	Thu	2:37	2.9	3:18	3.6	8:44	0.9	9:52	1.0	6:24	7:50	
20	Fri	3:42	2.9	4:16	3.8	9:40	0.8	10:44	0.9	6:25	7:48	
21	Sat	4:41	3.0	5:08	3.9	10:35	0.7	11:35	0.7	6:26	7:47	
22	Sun	5:34	3.2	5:58	4.1	11:29	0.5			6:26	7:46	
23	Mon	6:26	3.5	6:47	4.3	12:25	0.5	12:25	0.3	6:27	7:44	
24	Tue	7:16	3.8	7:35	4.5	1:12	0.2	1:18	0.1	6:28	7:43	
25	Wed	8:03	4.2	8:20	4.5	1:55	0.0	2:08	0.0	6:29	7:42	
26	Thu	8:49	4.4	9:06	4.5	2:37	-0.2	2:56	-0.1	6:30	7:40	
27	Fri	9:37	4.6	9:53	4.4	3:21	-0.3	3:47	-0.1	6:31	7:39	
28	Sat	10:27	4.7	10:43	4.2	4:07	-0.3	4:42	0.0	6:31	7:38	
29	Sun	11:20	4.7	11:36	4.0	4:57	-0.2	5:40	0.2	6:32	7:36	
30	Mon			12:14	4.6	5:51	0.0	6:41	0.4	6:33	7:35	
31	Tue	12:30	3.7	1:11	4.5	6:47	0.2	7:45	0.5	6:34	7:33	