

Virginia Beach (outer coast), VA - Sep 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:29	3.5	2:17	4.3	7:48	0.4	8:55	0.6	6:35	7:32	
2	Thu	2:42	3.4	3:32	4.2	8:56	0.5	10:03	0.7	6:35	7:30	
3	Fri	4:02	3.4	4:39	4.2	10:04	0.5	11:04	0.6	6:36	7:29	
4	Sat	5:08	3.5	5:37	4.2	11:08	0.6			6:37	7:28	
5	Sun	6:05	3.7	6:29	4.2	12:01	0.6	12:09	0.5	6:38	7:26	
6	Mon	6:57	3.9	7:16	4.2	12:52	0.5	1:04	0.5	6:39	7:25	
7	Tue	7:41	4.0	7:56	4.2	1:34	0.4	1:50	0.5	6:39	7:23	
8	Wed	8:20	4.1	8:32	4.1	2:09	0.3	2:29	0.5	6:40	7:22	
9	Thu	8:55	4.2	9:06	4.0	2:41	0.3	3:04	0.5	6:41	7:20	
10	Fri	9:30	4.2	9:41	3.9	3:11	0.4	3:39	0.6	6:42	7:19	
11	Sat	10:05	4.2	10:18	3.7	3:43	0.5	4:16	0.8	6:43	7:17	
12	Sun	10:42	4.1	10:57	3.6	4:19	0.6	4:57	0.9	6:43	7:16	
13	Mon	11:21	4.0	11:36	3.4	4:57	0.8	5:41	1.0	6:44	7:14	
14	Tue			12:00	3.9	5:39	0.9	6:27	1.1	6:45	7:13	
15	Wed	12:18	3.3	12:43	3.9	6:23	1.0	7:16	1.2	6:46	7:11	
16	Thu	1:03	3.2	1:31	3.8	7:12	1.1	8:10	1.2	6:47	7:10	
17	Fri	1:56	3.1	2:29	3.8	8:07	1.1	9:08	1.1	6:47	7:08	
18	Sat	3:02	3.2	3:32	3.9	9:07	1.0	10:03	1.0	6:48	7:06	
19	Sun	4:06	3.4	4:30	4.1	10:06	0.9	10:55	0.8	6:49	7:05	
20	Mon	5:02	3.7	5:23	4.2	11:03	0.7	11:45	0.5	6:50	7:03	
21	Tue	5:55	4.0	6:15	4.4			12:01	0.4	6:51	7:02	
22	Wed	6:47	4.4	7:07	4.5	12:35	0.2	12:57	0.2	6:51	7:00	
23	Thu	7:37	4.7	7:56	4.6	1:23	0.0	1:50	0.0	6:52	6:59	
24	Fri	8:26	5.0	8:44	4.6	2:09	-0.2	2:41	-0.1	6:53	6:57	
25	Sat	9:14	5.2	9:34	4.5	2:54	-0.3	3:32	-0.1	6:54	6:56	
26	Sun	10:06	5.2	10:26	4.3	3:42	-0.2	4:26	0.0	6:55	6:54	
27	Mon	11:00	5.1	11:21	4.1	4:34	0.0	5:26	0.2	6:56	6:53	
28	Tue	11:56	4.9			5:31	0.2	6:27	0.4	6:56	6:51	
29	Wed	12:18	3.9	12:54	4.6	6:31	0.4	7:31	0.6	6:57	6:50	
30	Thu	1:20	3.7	1:59	4.4	7:36	0.6	8:40	0.7	6:58	6:48	