

Virginia Beach (outer coast), VA - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:40	2.9	6:09	3.8	11:29	0.2			5:48	8:27	
2	Sun	6:30	2.9	6:52	3.8	12:47	0.3	12:18	0.3	5:48	8:26	
3	Mon	7:16	2.9	7:32	3.9	1:31	0.2	1:03	0.3	5:49	8:26	
4	Tue	7:57	3.0	8:08	3.9	2:07	0.2	1:43	0.3	5:49	8:26	
5	Wed	8:34	3.1	8:42	3.9	2:39	0.1	2:20	0.3	5:50	8:26	
6	Thu	9:11	3.1	9:17	3.8	3:09	0.1	2:55	0.3	5:50	8:26	
7	Fri	9:48	3.1	9:52	3.7	3:41	0.1	3:33	0.4	5:51	8:26	
8	Sat	10:27	3.2	10:30	3.6	4:16	0.1	4:14	0.4	5:51	8:25	
9	Sun	11:06	3.2	11:08	3.5	4:53	0.2	4:58	0.5	5:52	8:25	
10	Mon	11:45	3.2	11:47	3.4	5:32	0.2	5:46	0.6	5:53	8:25	
11	Tue			12:26	3.3	6:13	0.2	6:35	0.6	5:53	8:24	
12	Wed	12:29	3.3	1:10	3.4	6:55	0.2	7:28	0.6	5:54	8:24	
13	Thu	1:15	3.2	2:02	3.6	7:42	0.2	8:26	0.6	5:54	8:24	
14	Fri	2:10	3.1	3:01	3.8	8:35	0.1	9:28	0.4	5:55	8:23	
15	Sat	3:14	3.0	4:02	4.0	9:31	0.0	10:28	0.3	5:56	8:23	
16	Sun	4:19	3.1	5:01	4.2	10:29	-0.1	11:29	0.0	5:57	8:22	
17	Mon	5:21	3.2	5:59	4.5	11:28	-0.2			5:57	8:22	
18	Tue	6:24	3.4	6:58	4.7	12:30	-0.2	12:29	-0.4	5:58	8:21	
19	Wed	7:25	3.7	7:53	4.8	1:27	-0.4	1:29	-0.5	5:59	8:21	
20	Thu	8:21	3.9	8:46	4.8	2:20	-0.6	2:24	-0.6	5:59	8:20	
21	Fri	9:16	4.0	9:38	4.7	3:10	-0.7	3:19	-0.5	6:00	8:19	
22	Sat	10:11	4.1	10:31	4.5	4:00	-0.7	4:15	-0.4	6:01	8:19	
23	Sun	11:06	4.1	11:24	4.2	4:52	-0.6	5:16	-0.2	6:02	8:18	
24	Mon			12:01	4.1	5:45	-0.4	6:18	0.1	6:02	8:17	
25	Tue	12:15	3.8	12:54	4.0	6:37	-0.2	7:19	0.3	6:03	8:17	
26	Wed	1:07	3.5	1:52	3.8	7:28	0.0	8:25	0.5	6:04	8:16	
27	Thu	2:04	3.2	2:57	3.8	8:22	0.2	9:31	0.6	6:05	8:15	
28	Fri	3:12	3.0	3:59	3.7	9:16	0.4	10:30	0.7	6:06	8:14	
29	Sat	4:16	2.9	4:52	3.7	10:09	0.5	11:25	0.7	6:06	8:13	
30	Sun	5:11	2.9	5:40	3.7	10:58	0.5			6:07	8:12	
31	Mon	6:02	2.9	6:25	3.8	12:17	0.6	11:47 AM	0.6	6:08	8:11	