

Virginia Beach (outer coast), VA - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:49	3.0	7:06	3.8	1:02	0.5	12:35	0.5	6:09	8:11	
2	Wed	7:31	3.2	7:43	3.9	1:40	0.4	1:18	0.5	6:10	8:10	
3	Thu	8:09	3.3	8:18	3.9	2:11	0.3	1:57	0.4	6:10	8:09	
4	Fri	8:45	3.4	8:52	3.9	2:40	0.2	2:33	0.4	6:11	8:08	
5	Sat	9:20	3.5	9:26	3.9	3:10	0.2	3:10	0.4	6:12	8:07	
6	Sun	9:56	3.5	10:01	3.8	3:43	0.2	3:50	0.5	6:13	8:06	
7	Mon	10:34	3.6	10:40	3.7	4:18	0.2	4:33	0.5	6:14	8:05	
8	Tue	11:14	3.7	11:20	3.6	4:57	0.2	5:20	0.6	6:14	8:03	
9	Wed	11:56	3.8			5:39	0.3	6:09	0.6	6:15	8:02	
10	Thu	12:02	3.5	12:40	3.9	6:23	0.3	7:02	0.7	6:16	8:01	
11	Fri	12:49	3.4	1:31	3.9	7:11	0.3	8:00	0.6	6:17	8:00	
12	Sat	1:43	3.3	2:31	4.0	8:06	0.3	9:03	0.6	6:18	7:59	
13	Sun	2:49	3.2	3:37	4.2	9:07	0.3	10:07	0.4	6:19	7:58	
14	Mon	3:59	3.3	4:41	4.4	10:10	0.2	11:09	0.3	6:19	7:57	
15	Tue	5:05	3.5	5:42	4.6	11:12	0.0			6:20	7:55	
16	Wed	6:09	3.7	6:42	4.7	12:10	0.0	12:15	-0.1	6:21	7:54	
17	Thu	7:10	4.0	7:38	4.8	1:08	-0.2	1:17	-0.3	6:22	7:53	
18	Fri	8:06	4.2	8:30	4.8	2:01	-0.4	2:13	-0.3	6:23	7:52	
19	Sat	8:58	4.4	9:19	4.7	2:48	-0.5	3:06	-0.3	6:24	7:50	
20	Sun	9:49	4.5	10:09	4.5	3:35	-0.4	3:59	-0.2	6:24	7:49	
21	Mon	10:41	4.5	10:59	4.2	4:23	-0.3	4:56	0.1	6:25	7:48	
22	Tue	11:32	4.4	11:48	3.9	5:13	-0.1	5:53	0.3	6:26	7:46	
23	Wed			12:22	4.2	6:02	0.1	6:51	0.6	6:27	7:45	
24	Thu	12:37	3.6	1:13	4.0	6:51	0.4	7:50	0.8	6:28	7:44	
25	Fri	1:28	3.3	2:10	3.8	7:42	0.6	8:54	0.9	6:29	7:42	
26	Sat	2:30	3.1	3:15	3.7	8:37	0.8	9:54	1.0	6:29	7:41	
27	Sun	3:41	3.0	4:15	3.7	9:34	0.9	10:48	1.0	6:30	7:40	
28	Mon	4:40	3.1	5:05	3.8	10:26	0.9	11:36	0.9	6:31	7:38	
29	Tue	5:31	3.2	5:51	3.8	11:16	0.9			6:32	7:37	
30	Wed	6:17	3.3	6:33	3.9	12:22	0.8	12:05	0.8	6:33	7:35	
31	Thu	7:00	3.5	7:13	4.0	1:01	0.7	12:51	0.7	6:33	7:34	