

Virginia Beach (outer coast), VA - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:33	3.2	1:16	3.1	7:02	0.3	7:26	0.8	5:48	8:27	
2	Mon	1:16	3.0	2:05	3.2	7:45	0.4	8:20	0.8	5:48	8:27	
3	Tue	2:06	2.9	2:59	3.3	8:32	0.4	9:17	0.7	5:49	8:26	
4	Wed	3:05	2.8	3:54	3.5	9:21	0.3	10:13	0.6	5:49	8:26	
5	Thu	4:04	2.8	4:45	3.8	10:11	0.2	11:08	0.4	5:50	8:26	
6	Fri	5:00	2.9	5:36	4.0	11:03	0.1			5:50	8:26	
7	Sat	5:55	3.0	6:28	4.3	12:03	0.1	11:57 AM	-0.1	5:51	8:26	
8	Sun	6:51	3.2	7:20	4.5	12:58	-0.1	12:53	-0.2	5:51	8:25	
9	Mon	7:46	3.4	8:11	4.6	1:49	-0.3	1:46	-0.4	5:52	8:25	
10	Tue	8:37	3.6	9:01	4.7	2:37	-0.5	2:38	-0.5	5:52	8:25	
11	Wed	9:30	3.8	9:52	4.6	3:25	-0.6	3:31	-0.4	5:53	8:25	
12	Thu	10:25	3.9	10:45	4.4	4:16	-0.6	4:28	-0.3	5:54	8:24	
13	Fri	11:21	3.9	11:39	4.2	5:09	-0.6	5:29	-0.2	5:54	8:24	
14	Sat			12:16	4.0	6:03	-0.5	6:32	0.0	5:55	8:23	
15	Sun	12:32	3.9	1:13	3.9	6:57	-0.4	7:37	0.1	5:56	8:23	
16	Mon	1:28	3.6	2:17	3.9	7:52	-0.2	8:46	0.3	5:56	8:22	
17	Tue	2:33	3.3	3:26	3.9	8:49	-0.1	9:55	0.3	5:57	8:22	
18	Wed	3:44	3.1	4:28	4.0	9:47	0.1	10:57	0.3	5:58	8:21	
19	Thu	4:47	3.0	5:23	4.0	10:42	0.2	11:57	0.3	5:58	8:21	
20	Fri	5:45	3.0	6:15	4.0	11:36	0.2			5:59	8:20	
21	Sat	6:39	3.1	7:02	4.0	12:52	0.3	12:30	0.2	6:00	8:19	
22	Sun	7:27	3.1	7:44	4.0	1:38	0.2	1:18	0.2	6:01	8:19	
23	Mon	8:09	3.2	8:21	4.0	2:16	0.1	1:59	0.3	6:01	8:18	
24	Tue	8:47	3.3	8:56	3.9	2:49	0.1	2:36	0.3	6:02	8:17	
25	Wed	9:24	3.3	9:30	3.9	3:20	0.1	3:12	0.4	6:03	8:17	
26	Thu	10:02	3.4	10:06	3.7	3:52	0.2	3:50	0.5	6:04	8:16	
27	Fri	10:40	3.4	10:43	3.6	4:26	0.2	4:31	0.6	6:05	8:15	
28	Sat	11:19	3.4	11:21	3.5	5:03	0.3	5:15	0.7	6:05	8:14	
29	Sun	11:57	3.4	11:59	3.3	5:41	0.4	6:02	0.7	6:06	8:13	
30	Mon			12:37	3.4	6:20	0.4	6:49	0.8	6:07	8:13	
31	Tue	12:40	3.2	1:20	3.5	7:02	0.5	7:41	0.8	6:08	8:12	