

Virginia Beach (outer coast), VA - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:25	3.0	2:11	3.6	7:48	0.5	8:38	0.8	6:09	8:11	
2	Thu	2:21	3.0	3:10	3.7	8:40	0.4	9:37	0.7	6:09	8:10	
3	Fri	3:24	3.0	4:09	4.0	9:37	0.4	10:35	0.5	6:10	8:09	
4	Sat	4:27	3.1	5:06	4.2	10:33	0.2	11:33	0.3	6:11	8:08	
5	Sun	5:27	3.3	6:02	4.4	11:32	0.1			6:12	8:07	
6	Mon	6:27	3.5	6:59	4.7	12:31	0.0	12:32	-0.1	6:13	8:06	
7	Tue	7:25	3.8	7:52	4.8	1:26	-0.2	1:30	-0.3	6:13	8:05	
8	Wed	8:19	4.1	8:43	4.8	2:16	-0.5	2:24	-0.4	6:14	8:04	
9	Thu	9:12	4.2	9:35	4.8	3:04	-0.6	3:18	-0.4	6:15	8:03	
10	Fri	10:06	4.4	10:27	4.6	3:53	-0.6	4:14	-0.3	6:16	8:02	
11	Sat	11:01	4.4	11:20	4.3	4:45	-0.5	5:14	-0.1	6:17	8:00	
12	Sun	11:56	4.4			5:38	-0.3	6:16	0.1	6:18	7:59	
13	Mon	12:13	4.0	12:51	4.3	6:31	-0.1	7:20	0.3	6:18	7:58	
14	Tue	1:08	3.6	1:51	4.2	7:26	0.1	8:27	0.5	6:19	7:57	
15	Wed	2:10	3.3	2:59	4.0	8:24	0.3	9:36	0.6	6:20	7:56	
16	Thu	3:23	3.2	4:06	4.0	9:25	0.5	10:38	0.7	6:21	7:54	
17	Fri	4:30	3.1	5:03	4.0	10:23	0.6	11:35	0.7	6:22	7:53	
18	Sat	5:27	3.2	5:54	4.0	11:18	0.6			6:23	7:52	
19	Sun	6:19	3.3	6:41	4.0	12:28	0.6	12:11	0.6	6:23	7:51	
20	Mon	7:05	3.4	7:21	4.0	1:14	0.5	1:00	0.6	6:24	7:49	
21	Tue	7:46	3.5	7:57	4.0	1:50	0.5	1:40	0.5	6:25	7:48	
22	Wed	8:22	3.6	8:30	4.0	2:20	0.4	2:16	0.5	6:26	7:47	
23	Thu	8:56	3.7	9:03	4.0	2:48	0.4	2:50	0.5	6:27	7:45	
24	Fri	9:30	3.8	9:36	3.9	3:17	0.4	3:25	0.6	6:27	7:44	
25	Sat	10:06	3.8	10:12	3.8	3:49	0.4	4:03	0.7	6:28	7:43	
26	Sun	10:43	3.8	10:49	3.6	4:23	0.5	4:45	0.7	6:29	7:41	
27	Mon	11:21	3.8	11:28	3.5	5:01	0.5	5:31	0.8	6:30	7:40	
28	Tue			12:01	3.9	5:41	0.6	6:18	0.9	6:31	7:39	
29	Wed	12:09	3.4	12:44	3.9	6:25	0.7	7:09	0.9	6:32	7:37	
30	Thu	12:55	3.3	1:33	3.9	7:13	0.7	8:06	0.9	6:32	7:36	
31	Fri	1:49	3.2	2:33	4.0	8:08	0.7	9:07	0.8	6:33	7:34	