

Virginia Beach (outer coast), VA - Jun 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:08	3.1	10:25	4.1	4:06	-0.1	4:02	0.1	5:45	8:17	
2	Mon	10:55	3.2	11:12	4.0	4:53	-0.1	4:53	0.2	5:45	8:18	
3	Tue	11:44	3.2			5:43	-0.1	5:48	0.2	5:45	8:18	
4	Wed	12:01	3.9	12:35	3.3	6:34	-0.1	6:47	0.3	5:45	8:19	
5	Thu	12:53	3.7	1:32	3.4	7:26	-0.1	7:50	0.3	5:44	8:19	
6	Fri	1:50	3.6	2:37	3.5	8:22	-0.1	8:58	0.2	5:44	8:20	
7	Sat	2:57	3.4	3:45	3.8	9:20	-0.2	10:05	0.1	5:44	8:21	
8	Sun	4:04	3.4	4:46	4.0	10:16	-0.3	11:09	0.0	5:44	8:21	
9	Mon	5:07	3.4	5:43	4.3	11:12	-0.3			5:44	8:22	
10	Tue	6:07	3.4	6:39	4.4	12:13	-0.2	12:08	-0.4	5:44	8:22	
11	Wed	7:06	3.4	7:31	4.5	1:12	-0.4	1:03	-0.4	5:44	8:23	
12	Thu	7:59	3.5	8:20	4.5	2:05	-0.5	1:55	-0.4	5:43	8:23	
13	Fri	8:49	3.5	9:07	4.4	2:52	-0.5	2:42	-0.3	5:43	8:23	
14	Sat	9:38	3.4	9:53	4.2	3:38	-0.4	3:29	-0.2	5:44	8:24	
15	Sun	10:27	3.3	10:39	4.0	4:25	-0.3	4:18	0.0	5:44	8:24	
16	Mon	11:16	3.3	11:24	3.7	5:13	-0.1	5:09	0.3	5:44	8:25	
17	Tue			12:03	3.2	5:59	0.0	6:01	0.5	5:44	8:25	
18	Wed	12:07	3.5	12:49	3.1	6:43	0.2	6:53	0.6	5:44	8:25	
19	Thu	12:49	3.2	1:37	3.1	7:26	0.3	7:46	0.8	5:44	8:25	
20	Fri	1:35	3.0	2:32	3.1	8:09	0.4	8:43	0.8	5:44	8:26	
21	Sat	2:29	2.8	3:29	3.2	8:54	0.4	9:39	0.8	5:44	8:26	
22	Sun	3:28	2.7	4:18	3.3	9:39	0.4	10:31	0.7	5:45	8:26	
23	Mon	4:23	2.7	5:02	3.5	10:23	0.4	11:21	0.6	5:45	8:26	
24	Tue	5:13	2.7	5:46	3.7	11:08	0.4			5:45	8:26	
25	Wed	6:02	2.8	6:29	3.8	12:10	0.4	11:54 AM	0.3	5:46	8:27	
26	Thu	6:50	2.9	7:13	4.0	12:58	0.2	12:42	0.2	5:46	8:27	
27	Fri	7:36	3.0	7:56	4.2	1:41	0.0	1:29	0.1	5:46	8:27	
28	Sat	8:19	3.1	8:38	4.3	2:22	-0.1	2:13	0.0	5:47	8:27	
29	Sun	9:03	3.2	9:21	4.3	3:03	-0.2	2:58	-0.1	5:47	8:27	
30	Mon	9:49	3.3	10:08	4.2	3:47	-0.3	3:46	-0.1	5:48	8:27	