

Virginia Beach (outer coast), VA - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:07	4.1	5:52	-0.3	6:25	0.1	6:09	8:10	
2	Sat	12:23	3.9	1:02	4.1	6:44	-0.2	7:28	0.3	6:10	8:09	
3	Sun	1:17	3.6	2:03	4.1	7:39	-0.1	8:36	0.4	6:11	8:08	
4	Mon	2:21	3.3	3:12	4.1	8:37	0.0	9:46	0.4	6:12	8:07	
5	Tue	3:34	3.2	4:19	4.2	9:38	0.1	10:51	0.4	6:12	8:06	
6	Wed	4:43	3.2	5:19	4.2	10:38	0.2	11:53	0.3	6:13	8:05	
7	Thu	5:44	3.2	6:15	4.2	11:37	0.2			6:14	8:04	
8	Fri	6:41	3.3	7:06	4.2	12:50	0.3	12:36	0.2	6:15	8:03	
9	Sat	7:32	3.5	7:51	4.2	1:39	0.2	1:28	0.2	6:16	8:02	
10	Sun	8:16	3.6	8:30	4.2	2:19	0.1	2:12	0.2	6:17	8:01	
11	Mon	8:56	3.6	9:07	4.1	2:55	0.1	2:51	0.3	6:17	8:00	
12	Tue	9:35	3.7	9:43	4.0	3:28	0.2	3:29	0.4	6:18	7:58	
13	Wed	10:14	3.7	10:19	3.8	4:01	0.2	4:09	0.5	6:19	7:57	
14	Thu	10:53	3.7	10:57	3.6	4:36	0.3	4:51	0.7	6:20	7:56	
15	Fri	11:31	3.7	11:35	3.5	5:13	0.5	5:36	0.8	6:21	7:55	
16	Sat			12:10	3.6	5:51	0.6	6:21	0.9	6:22	7:54	
17	Sun	12:14	3.3	12:50	3.6	6:31	0.7	7:09	1.0	6:22	7:52	
18	Mon	12:55	3.1	1:34	3.6	7:13	0.8	8:01	1.0	6:23	7:51	
19	Tue	1:43	3.0	2:28	3.6	8:01	0.8	8:58	1.0	6:24	7:50	
20	Wed	2:42	2.9	3:28	3.8	8:55	0.8	9:55	0.9	6:25	7:48	
21	Thu	3:46	3.0	4:25	3.9	9:50	0.7	10:50	0.8	6:26	7:47	
22	Fri	4:45	3.1	5:18	4.2	10:46	0.6	11:45	0.5	6:26	7:46	
23	Sat	5:41	3.3	6:12	4.4	11:43	0.4			6:27	7:44	
24	Sun	6:37	3.6	7:04	4.6	12:38	0.3	12:40	0.2	6:28	7:43	
25	Mon	7:30	3.9	7:54	4.7	1:28	0.0	1:35	0.0	6:29	7:42	
26	Tue	8:19	4.2	8:42	4.8	2:14	-0.2	2:26	-0.2	6:30	7:40	
27	Wed	9:09	4.5	9:30	4.7	2:59	-0.3	3:17	-0.2	6:31	7:39	
28	Thu	10:00	4.6	10:21	4.5	3:45	-0.4	4:12	-0.1	6:31	7:38	
29	Fri	10:53	4.7	11:14	4.3	4:35	-0.3	5:10	0.0	6:32	7:36	
30	Sat	11:47	4.7			5:27	-0.1	6:12	0.2	6:33	7:35	
31	Sun	12:07	4.0	12:42	4.6	6:21	0.0	7:15	0.4	6:34	7:33	