

































## Virginia Beach (outer coast), VA - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:43	3.0	7:12	4.4	12:59	0.0	12:35	-0.1	5:48	8:27	
2	Sun	7:40	3.1	8:04	4.4	1:53	-0.1	1:32	-0.1	5:48	8:26	
3	Mon	8:31	3.2	8:51	4.3	2:39	-0.2	2:23	-0.1	5:49	8:26	
4	Tue	9:19	3.3	9:35	4.1	3:23	-0.2	3:11	0.0	5:49	8:26	
5	Wed	10:07	3.3	10:18	3.9	4:06	-0.1	3:58	0.2	5:50	8:26	
6	Thu	10:54	3.3	11:00	3.7	4:48	0.0	4:47	0.4	5:50	8:26	
7	Fri	11:39	3.3	11:40	3.4	5:29	0.1	5:38	0.5	5:51	8:26	
8	Sat			12:21	3.3	6:08	0.2	6:27	0.7	5:52	8:25	
9	Sun	12:18	3.2	1:03	3.3	6:44	0.3	7:16	0.8	5:52	8:25	
10	Mon	12:57	2.9	1:47	3.3	7:22	0.4	8:09	0.9	5:53	8:25	
11	Tue	1:42	2.7	2:38	3.3	8:03	0.5	9:06	0.9	5:53	8:24	
12	Wed	2:37	2.5	3:33	3.4	8:48	0.6	10:02	0.9	5:54	8:24	
13	Thu	3:40	2.4	4:24	3.5	9:37	0.6	10:54	0.8	5:55	8:24	
14	Fri	4:37	2.5	5:12	3.7	10:27	0.6	11:47	0.6	5:55	8:23	
15	Sat	5:31	2.5	6:01	3.8	11:18	0.5			5:56	8:23	
16	Sun	6:24	2.7	6:50	4.0	12:39	0.5	12:11	0.4	5:57	8:22	
17	Mon	7:14	2.8	7:37	4.2	1:26	0.3	1:04	0.2	5:57	8:22	
18	Tue	8:01	3.1	8:21	4.3	2:07	0.1	1:54	0.1	5:58	8:21	
19	Wed	8:46	3.3	9:04	4.3	2:47	-0.1	2:41	0.0	5:59	8:20	
20	Thu	9:32	3.5	9:49	4.3	3:28	-0.2	3:29	0.0	6:00	8:20	
21	Fri	10:21	3.7	10:35	4.1	4:11	-0.3	4:22	0.0	6:00	8:19	
22	Sat	11:11	3.9	11:24	3.9	4:56	-0.3	5:20	0.1	6:01	8:18	
23	Sun			12:01	4.0	5:44	-0.3	6:19	0.2	6:02	8:18	
24	Mon	12:13	3.6	12:53	4.1	6:32	-0.2	7:21	0.3	6:03	8:17	
25	Tue	1:04	3.3	1:51	4.1	7:23	-0.1	8:28	0.4	6:03	8:16	
26	Wed	2:04	3.1	2:57	4.1	8:19	0.0	9:38	0.5	6:04	8:15	
27	Thu	3:16	2.9	4:06	4.1	9:20	0.1	10:44	0.4	6:05	8:15	
28	Fri	4:28	2.9	5:09	4.2	10:22	0.2	11:49	0.4	6:06	8:14	
29	Sat	5:34	2.9	6:09	4.2	11:24	0.2			6:07	8:13	
30	Sun	6:36	3.1	7:04	4.2	12:50	0.3	12:27	0.2	6:07	8:12	
31	Mon	7:31	3.2	7:52	4.2	1:41	0.2	1:25	0.2	6:08	8:11	