
































## Virginia Beach (outer coast), VA - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:59	3.0	3:51	3.4	9:19	0.3	10:10	0.6	5:46	8:17	
2	Sat	4:01	2.8	4:42	3.5	10:04	0.3	11:06	0.6	5:45	8:17	
3	Sun	4:53	2.7	5:26	3.6	10:46	0.4	11:58	0.5	5:45	8:18	
4	Mon	5:40	2.7	6:07	3.7	11:27	0.4			5:45	8:19	
5	Tue	6:27	2.7	6:47	3.8	12:46	0.4	12:10	0.4	5:44	8:19	
6	Wed	7:11	2.7	7:26	3.8	1:26	0.3	12:53	0.4	5:44	8:20	
7	Thu	7:50	2.8	8:02	3.9	2:01	0.2	1:33	0.4	5:44	8:20	
8	Fri	8:28	2.8	8:39	3.9	2:33	0.2	2:11	0.3	5:44	8:21	
9	Sat	9:04	2.8	9:15	3.9	3:06	0.1	2:48	0.3	5:44	8:21	
10	Sun	9:42	2.8	9:53	3.8	3:41	0.1	3:26	0.4	5:44	8:22	
11	Mon	10:22	2.9	10:33	3.7	4:19	0.1	4:08	0.4	5:44	8:22	
12	Tue	11:04	2.9	11:14	3.6	5:01	0.2	4:56	0.5	5:44	8:23	
13	Wed	11:48	3.0	11:57	3.5	5:43	0.1	5:48	0.5	5:43	8:23	
14	Thu			12:33	3.2	6:26	0.1	6:43	0.5	5:44	8:24	
15	Fri	12:41	3.4	1:22	3.4	7:11	0.0	7:42	0.5	5:44	8:24	
16	Sat	1:32	3.2	2:19	3.6	7:59	0.0	8:46	0.4	5:44	8:24	
17	Sun	2:32	3.1	3:22	3.8	8:53	-0.1	9:51	0.3	5:44	8:25	
18	Mon	3:38	3.0	4:22	4.1	9:48	-0.2	10:54	0.1	5:44	8:25	
19	Tue	4:42	3.0	5:20	4.4	10:45	-0.2	11:57	-0.1	5:44	8:25	
20	Wed	5:45	3.1	6:19	4.5	11:44	-0.3			5:44	8:26	
21	Thu	6:48	3.2	7:18	4.7	1:00	-0.3	12:45	-0.4	5:44	8:26	
22	Fri	7:48	3.3	8:13	4.7	1:56	-0.4	1:43	-0.5	5:45	8:26	
23	Sat	8:43	3.4	9:06	4.6	2:48	-0.5	2:38	-0.4	5:45	8:26	
24	Sun	9:37	3.5	9:58	4.4	3:38	-0.5	3:32	-0.3	5:45	8:26	
25	Mon	10:33	3.5	10:50	4.1	4:29	-0.4	4:29	-0.1	5:45	8:26	
26	Tue	11:27	3.5	11:39	3.8	5:21	-0.3	5:29	0.1	5:46	8:27	
27	Wed			12:19	3.5	6:10	-0.2	6:28	0.3	5:46	8:27	
28	Thu	12:26	3.5	1:10	3.5	6:56	0.0	7:27	0.5	5:47	8:27	
29	Fri	1:11	3.1	2:04	3.5	7:40	0.2	8:30	0.7	5:47	8:27	
30	Sat	2:02	2.8	3:02	3.4	8:25	0.3	9:31	0.7	5:47	8:27	