US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:03	2.6	3:56	3.5	9:11	0.4	10:26	0.7	5:48	8:27	
2	Mon	4:04	2.5	4:44	3.5	9:56	0.5	11:18	0.7	5:48	8:27	
3	Tue	4:57	2.5	5:28	3.6	10:41	0.5			5:49	8:26	
4	Wed	5:48	2.5	6:13	3.7	12:08	0.6	11:28 AM	0.5	5:49	8:26	
5	Thu	6:37	2.6	6:57	3.8	12:55	0.5	12:17	0.5	5:50	8:26	
6	Fri	7:22	2.7	7:38	3.9	1:35	0.4	1:04	0.4	5:50	8:26	
7	Sat	8:03	2.8	8:16	3.9	2:10	0.2	1:47	0.3	5:51	8:26	
8	Sun	8:41	2.9	8:53	4.0	2:43	0.1	2:27	0.3	5:51	8:25	
9	Mon	9:19	3.0	9:30	3.9	3:17	0.1	3:07	0.3	5:52	8:25	
10	Tue	9:59	3.2	10:09	3.9	3:53	0.0	3:50	0.3	5:53	8:25	
11	Wed	10:42	3.3	10:50	3.7	4:32	0.0	4:38	0.4	5:53	8:24	
12	Thu	11:26	3.5	11:33	3.6	5:13	-0.1	5:31	0.4	5:54	8:24	
13	Fri			12:11	3.6	5:56	-0.1	6:26	0.4	5:55	8:24	
14	Sat	12:18	3.4	12:59	3.8	6:41	-0.1	7:24	0.5	5:55	8:23	
15	Sun	1:08	3.2	1:54	3.9	7:30	-0.1	8:27	0.5	5:56	8:23	
16	Mon	2:06	3.0	2:57	4.0	8:25	0.0	9:34	0.4	5:57	8:22	
17	Tue	3:15	2.9	4:03	4.2	9:24	0.0	10:40	0.3	5:57	8:22	
18	Wed	4:25	2.9	5:06	4.3	10:26	-0.1	11:45	0.2	5:58	8:21	
19	Thu	5:31	3.0	6:08	4.4	11:29	-0.1			5:59	8:21	
20	Fri	6:37	3.2	7:08	4.5	12:49	0.0	12:33	-0.2	5:59	8:20	
21	Sat	7:37	3.4	8:02	4.5	1:45	-0.2	1:34	-0.2	6:00	8:19	
22	Sun	8:31	3.6	8:52	4.5	2:33	-0.3	2:28	-0.2	6:01	8:19	
23	Mon	9:21	3.7	9:38	4.3	3:18	-0.3	3:19	-0.2	6:02	8:18	
24	Tue	10:11	3.8	10:24	4.0	4:02	-0.3	4:11	0.0	6:03	8:17	
25	Wed	11:00	3.8	11:08	3.7	4:46	-0.2	5:04	0.2	6:03	8:16	
26	Thu	11:46	3.8	11:50	3.4	5:29	0.0	5:58	0.5	6:04	8:16	
27	Fri			12:30	3.7	6:10	0.2	6:49	0.7	6:05	8:15	
28	Sat	12:30	3.1	1:14	3.6	6:50	0.4	7:42	0.8	6:06	8:14	
29	Sun	1:13	2.9	2:03	3.5	7:31	0.5	8:40	0.9	6:06	8:13	
30	Mon	2:04	2.7	3:00	3.5	8:18	0.7	9:38	1.0	6:07	8:12	
31	Tue	3:08	2.5	3:58	3.5	9:09	0.8	10:32	1.0	6:08	8:11	