

































Virginia Beach (outer coast), VA - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:14	2.5	4:50	3.6	10:01	0.8	11:24	0.9	6:09	8:10	
2	Thu	5:10	2.6	5:39	3.7	10:52	0.8			6:10	8:10	
3	Fri	6:02	2.7	6:26	3.8	12:15	0.8	11:44 AM	0.7	6:10	8:09	
4	Sat	6:50	2.9	7:10	4.0	1:00	0.6	12:36	0.6	6:11	8:08	
5	Sun	7:34	3.1	7:50	4.1	1:38	0.4	1:23	0.4	6:12	8:07	
6	Mon	8:13	3.3	8:27	4.1	2:13	0.2	2:07	0.3	6:13	8:06	
7	Tue	8:52	3.6	9:05	4.1	2:47	0.1	2:49	0.2	6:14	8:04	
8	Wed	9:32	3.8	9:45	4.1	3:22	0.0	3:33	0.2	6:15	8:03	
9	Thu	10:15	3.9	10:27	3.9	4:00	-0.1	4:22	0.3	6:15	8:02	
10	Fri	11:01	4.1	11:12	3.7	4:41	-0.1	5:15	0.4	6:16	8:01	
11	Sat	11:48	4.2			5:26	0.0	6:10	0.4	6:17	8:00	
12	Sun	12:00	3.5	12:37	4.3	6:14	0.0	7:09	0.5	6:18	7:59	
13	Mon	12:50	3.3	1:33	4.2	7:07	0.1	8:13	0.6	6:19	7:58	
14	Tue	1:49	3.1	2:40	4.2	8:05	0.3	9:24	0.6	6:20	7:56	
15	Wed	3:03	3.0	3:53	4.2	9:11	0.3	10:31	0.6	6:20	7:55	
16	Thu	4:19	3.1	5:00	4.3	10:18	0.3	11:36	0.5	6:21	7:54	
17	Fri	5:27	3.3	6:02	4.4	11:23	0.3			6:22	7:53	
18	Sat	6:31	3.5	6:59	4.4	12:37	0.3	12:29	0.2	6:23	7:52	
19	Sun	7:27	3.7	7:49	4.4	1:30	0.1	1:28	0.1	6:24	7:50	
20	Mon	8:16	4.0	8:33	4.4	2:13	0.0	2:19	0.1	6:25	7:49	
21	Tue	9:01	4.1	9:14	4.2	2:52	0.0	3:04	0.2	6:25	7:48	
22	Wed	9:44	4.2	9:54	4.0	3:29	0.0	3:49	0.3	6:26	7:46	
23	Thu	10:26	4.2	10:33	3.7	4:06	0.1	4:35	0.5	6:27	7:45	
24	Fri	11:07	4.1	11:13	3.5	4:43	0.3	5:21	0.7	6:28	7:44	
25	Sat	11:47	4.0	11:53	3.3	5:22	0.5	6:08	0.9	6:29	7:42	
26	Sun			12:27	3.9	6:02	0.7	6:55	1.0	6:29	7:41	
27	Mon	12:33	3.1	1:10	3.7	6:44	0.9	7:46	1.2	6:30	7:40	
28	Tue	1:19	2.9	2:02	3.6	7:31	1.0	8:45	1.2	6:31	7:38	
29	Wed	2:16	2.8	3:06	3.6	8:25	1.1	9:45	1.2	6:32	7:37	
30	Thu	3:29	2.8	4:09	3.7	9:23	1.1	10:39	1.1	6:33	7:35	
31	Fri	4:32	2.9	5:01	3.8	10:20	1.1	11:28	1.0	6:33	7:34	