































Virginia Beach (outer coast), VA - Sep 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:25	3.0	5:49	4.0	11:14	0.9			6:34	7:32	
2	Sun	6:14	3.3	6:34	4.1	12:14	0.8	12:07	0.7	6:35	7:31	
3	Mon	6:59	3.6	7:17	4.2	12:56	0.6	12:59	0.6	6:36	7:30	
4	Tue	7:42	3.9	7:58	4.3	1:35	0.3	1:46	0.4	6:37	7:28	
5	Wed	8:23	4.2	8:38	4.3	2:11	0.1	2:31	0.2	6:37	7:27	
6	Thu	9:04	4.5	9:20	4.2	2:49	0.0	3:16	0.2	6:38	7:25	
7	Fri	9:48	4.7	10:05	4.1	3:28	0.0	4:05	0.3	6:39	7:24	
8	Sat	10:36	4.7	10:54	3.9	4:12	0.0	4:59	0.4	6:40	7:22	
9	Sun	11:27	4.7	11:45	3.7	5:00	0.1	5:56	0.5	6:41	7:21	
10	Mon			12:20	4.6	5:53	0.3	6:57	0.7	6:42	7:19	
11	Tue	12:39	3.5	1:18	4.5	6:51	0.4	8:04	0.8	6:42	7:18	
12	Wed	1:42	3.3	2:29	4.3	7:55	0.6	9:16	0.8	6:43	7:16	
13	Thu	3:02	3.3	3:47	4.3	9:07	0.7	10:24	0.8	6:44	7:15	
14	Fri	4:21	3.4	4:55	4.3	10:17	0.7	11:23	0.7	6:45	7:13	
15	Sat	5:25	3.6	5:53	4.3	11:24	0.6			6:46	7:12	
16	Sun	6:23	3.9	6:45	4.3	12:18	0.5	12:26	0.5	6:46	7:10	
17	Mon	7:13	4.1	7:30	4.3	1:06	0.4	1:21	0.4	6:47	7:09	
18	Tue	7:57	4.3	8:10	4.2	1:47	0.3	2:07	0.4	6:48	7:07	
19	Wed	8:36	4.5	8:47	4.0	2:22	0.3	2:48	0.4	6:49	7:06	
20	Thu	9:13	4.5	9:23	3.9	2:54	0.3	3:26	0.5	6:50	7:04	
21	Fri	9:49	4.4	10:00	3.7	3:26	0.4	4:04	0.7	6:50	7:03	
22	Sat	10:27	4.3	10:39	3.5	4:00	0.6	4:45	0.8	6:51	7:01	
23	Sun	11:06	4.2	11:19	3.3	4:37	0.8	5:28	1.0	6:52	7:00	
24	Mon	11:46	4.0			5:18	1.0	6:14	1.2	6:53	6:58	
25	Tue	12:00	3.2	12:28	3.9	6:02	1.2	7:03	1.3	6:54	6:56	
26	Wed	12:44	3.0	1:16	3.8	6:50	1.3	7:57	1.3	6:54	6:55	
27	Thu	1:36	3.0	2:13	3.7	7:45	1.3	8:56	1.3	6:55	6:53	
28	Fri	2:43	3.0	3:19	3.7	8:46	1.3	9:51	1.2	6:56	6:52	
29	Sat	3:53	3.1	4:17	3.8	9:47	1.2	10:39	1.0	6:57	6:50	
30	Sun	4:48	3.4	5:07	4.0	10:44	1.1	11:25	0.8	6:58	6:49	