
































Virginia Beach (outer coast), VA - Jun 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:46	3.4	8:11	4.6	1:50	-0.4	1:47	-0.4	5:45	8:17	
2	Sun	8:37	3.5	9:00	4.7	2:38	-0.6	2:37	-0.5	5:45	8:18	
3	Mon	9:28	3.6	9:51	4.6	3:26	-0.6	3:28	-0.5	5:45	8:18	
4	Tue	10:23	3.6	10:45	4.5	4:18	-0.6	4:24	-0.4	5:45	8:19	
5	Wed	11:20	3.6	11:40	4.2	5:13	-0.5	5:25	-0.2	5:44	8:20	
6	Thu			12:17	3.6	6:10	-0.4	6:28	0.0	5:44	8:20	
7	Fri	12:35	4.0	1:16	3.6	7:05	-0.3	7:34	0.1	5:44	8:21	
8	Sat	1:33	3.6	2:23	3.7	8:02	-0.2	8:45	0.2	5:44	8:21	
9	Sun	2:40	3.4	3:33	3.7	9:01	-0.1	9:54	0.2	5:44	8:22	
10	Mon	3:50	3.2	4:33	3.8	9:57	-0.1	10:57	0.2	5:44	8:22	
11	Tue	4:51	3.1	5:27	3.9	10:49	0.0	11:57	0.2	5:44	8:23	
12	Wed	5:46	3.0	6:16	4.0	11:40	0.0			5:44	8:23	
13	Thu	6:39	3.0	7:02	4.0	12:52	0.1	12:30	0.1	5:44	8:24	
14	Fri	7:26	3.0	7:43	4.0	1:39	0.0	1:16	0.1	5:44	8:24	
15	Sat	8:08	3.1	8:20	4.0	2:18	0.0	1:56	0.1	5:44	8:24	
16	Sun	8:47	3.1	8:56	3.9	2:52	0.0	2:33	0.2	5:44	8:25	
17	Mon	9:25	3.1	9:31	3.8	3:24	0.0	3:10	0.2	5:44	8:25	
18	Tue	10:04	3.1	10:08	3.7	3:58	0.1	3:48	0.4	5:44	8:25	
19	Wed	10:44	3.1	10:46	3.6	4:34	0.1	4:30	0.5	5:44	8:26	
20	Thu	11:24	3.1	11:25	3.4	5:13	0.2	5:15	0.6	5:44	8:26	
21	Fri			12:04	3.1	5:53	0.2	6:02	0.7	5:45	8:26	
22	Sat	12:04	3.3	12:45	3.1	6:33	0.3	6:51	0.7	5:45	8:26	
23	Sun	12:46	3.1	1:29	3.2	7:15	0.3	7:43	0.7	5:45	8:26	
24	Mon	1:32	3.0	2:21	3.3	8:00	0.3	8:41	0.6	5:45	8:26	
25	Tue	2:27	2.9	3:18	3.5	8:50	0.2	9:40	0.5	5:46	8:27	
26	Wed	3:28	2.9	4:14	3.8	9:43	0.1	10:37	0.3	5:46	8:27	
27	Thu	4:28	3.0	5:08	4.0	10:36	0.0	11:35	0.1	5:46	8:27	
28	Fri	5:27	3.1	6:03	4.3	11:32	-0.2			5:47	8:27	
29	Sat	6:26	3.3	6:58	4.5	12:33	-0.2	12:29	-0.3	5:47	8:27	
30	Sun	7:24	3.5	7:52	4.7	1:29	-0.4	1:26	-0.5	5:48	8:27	