































Virginia Beach (outer coast), VA - Jun 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:57	3.3	5:33	4.1	11:01	-0.2			5:45	8:17	
2	Mon	5:56	3.3	6:28	4.3	12:01	-0.1	11:56 AM	-0.3	5:45	8:18	
3	Tue	6:53	3.4	7:19	4.4	1:01	-0.2	12:50	-0.3	5:45	8:18	
4	Wed	7:45	3.4	8:05	4.4	1:52	-0.3	1:40	-0.3	5:45	8:19	
5	Thu	8:32	3.4	8:49	4.3	2:37	-0.3	2:25	-0.2	5:44	8:19	
6	Fri	9:17	3.3	9:30	4.1	3:19	-0.3	3:08	-0.1	5:44	8:20	
7	Sat	10:02	3.3	10:12	3.9	4:01	-0.2	3:51	0.1	5:44	8:21	
8	Sun	10:47	3.2	10:54	3.7	4:43	-0.1	4:36	0.3	5:44	8:21	
9	Mon	11:32	3.1	11:36	3.5	5:27	0.1	5:24	0.5	5:44	8:22	
10	Tue			12:15	3.1	6:09	0.2	6:13	0.6	5:44	8:22	
11	Wed	12:16	3.3	12:58	3.0	6:50	0.3	7:02	0.7	5:44	8:23	
12	Thu	12:58	3.1	1:46	3.0	7:31	0.4	7:54	0.8	5:44	8:23	
13	Fri	1:45	2.9	2:41	3.1	8:16	0.4	8:51	0.8	5:44	8:23	
14	Sat	2:40	2.8	3:36	3.2	9:03	0.4	9:47	0.7	5:44	8:24	
15	Sun	3:39	2.8	4:25	3.4	9:49	0.4	10:39	0.6	5:44	8:24	
16	Mon	4:33	2.8	5:11	3.6	10:35	0.3	11:30	0.4	5:44	8:25	
17	Tue	5:24	2.8	5:57	3.8	11:23	0.2			5:44	8:25	
18	Wed	6:15	2.9	6:44	4.1	12:22	0.2	12:13	0.1	5:44	8:25	
19	Thu	7:06	3.1	7:30	4.3	1:12	0.0	1:03	-0.1	5:44	8:25	
20	Fri	7:54	3.2	8:16	4.4	1:58	-0.2	1:52	-0.2	5:44	8:26	
21	Sat	8:41	3.4	9:02	4.5	2:42	-0.4	2:39	-0.3	5:44	8:26	
22	Sun	9:30	3.5	9:50	4.4	3:28	-0.5	3:28	-0.3	5:45	8:26	
23	Mon	10:22	3.6	10:41	4.3	4:16	-0.5	4:22	-0.2	5:45	8:26	
24	Tue	11:16	3.6	11:34	4.1	5:08	-0.5	5:21	-0.1	5:45	8:26	
25	Wed			12:10	3.7	6:01	-0.4	6:22	0.0	5:46	8:27	
26	Thu	12:26	3.9	1:07	3.7	6:54	-0.4	7:26	0.1	5:46	8:27	
27	Fri	1:22	3.6	2:09	3.8	7:49	-0.3	8:34	0.2	5:46	8:27	
28	Sat	2:25	3.4	3:18	3.9	8:47	-0.2	9:44	0.2	5:47	8:27	
29	Sun	3:36	3.2	4:22	4.0	9:44	-0.2	10:49	0.2	5:47	8:27	
30	Mon	4:41	3.1	5:19	4.1	10:40	-0.1	11:51	0.1	5:48	8:27	