

































Virginia Beach (outer coast), VA - Aug 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:13	3.3	7:32	4.0	1:23	0.3	1:07	0.3	6:09	8:10	
2	Sat	7:57	3.4	8:10	4.0	2:03	0.2	1:50	0.3	6:10	8:09	
3	Sun	8:36	3.5	8:45	4.0	2:37	0.2	2:28	0.3	6:11	8:08	
4	Mon	9:12	3.5	9:19	3.9	3:08	0.2	3:04	0.4	6:12	8:07	
5	Tue	9:49	3.5	9:54	3.8	3:38	0.2	3:40	0.5	6:12	8:06	
6	Wed	10:27	3.5	10:30	3.7	4:11	0.3	4:20	0.6	6:13	8:05	
7	Thu	11:05	3.6	11:08	3.5	4:47	0.3	5:03	0.7	6:14	8:04	
8	Fri	11:43	3.6	11:46	3.4	5:24	0.4	5:48	0.8	6:15	8:03	
9	Sat			12:21	3.6	6:03	0.5	6:35	0.9	6:16	8:02	
10	Sun	12:26	3.2	1:03	3.6	6:45	0.6	7:25	0.9	6:17	8:01	
11	Mon	1:09	3.1	1:52	3.7	7:30	0.6	8:20	0.9	6:17	8:00	
12	Tue	2:02	3.0	2:50	3.7	8:22	0.6	9:19	0.8	6:18	7:59	
13	Wed	3:05	3.0	3:50	3.9	9:18	0.5	10:17	0.7	6:19	7:57	
14	Thu	4:09	3.1	4:48	4.1	10:16	0.4	11:14	0.5	6:20	7:56	
15	Fri	5:10	3.3	5:44	4.4	11:15	0.2			6:21	7:55	
16	Sat	6:09	3.6	6:40	4.6	12:11	0.2	12:15	0.0	6:21	7:54	
17	Sun	7:07	3.9	7:34	4.8	1:06	-0.1	1:13	-0.2	6:22	7:52	
18	Mon	8:01	4.2	8:25	4.8	1:57	-0.3	2:08	-0.3	6:23	7:51	
19	Tue	8:53	4.4	9:15	4.8	2:44	-0.5	3:01	-0.4	6:24	7:50	
20	Wed	9:45	4.6	10:07	4.6	3:32	-0.5	3:55	-0.3	6:25	7:49	
21	Thu	10:39	4.6	11:00	4.4	4:21	-0.4	4:54	-0.1	6:26	7:47	
22	Fri	11:34	4.6	11:53	4.1	5:14	-0.3	5:55	0.1	6:26	7:46	
23	Sat			12:29	4.5	6:08	-0.1	6:58	0.3	6:27	7:45	
24	Sun	12:47	3.8	1:26	4.3	7:03	0.1	8:04	0.5	6:28	7:43	
25	Mon	1:47	3.5	2:33	4.2	8:02	0.4	9:14	0.7	6:29	7:42	
26	Tue	3:00	3.3	3:45	4.1	9:05	0.5	10:18	0.7	6:30	7:41	
27	Wed	4:12	3.2	4:46	4.0	10:07	0.6	11:16	0.7	6:30	7:39	
28	Thu	5:12	3.3	5:39	4.0	11:05	0.7			6:31	7:38	
29	Fri	6:05	3.4	6:27	4.0	12:10	0.7	12:00	0.7	6:32	7:36	
30	Sat	6:53	3.5	7:09	4.0	12:57	0.6	12:50	0.7	6:33	7:35	
31	Sun	7:34	3.7	7:46	4.1	1:36	0.5	1:32	0.6	6:34	7:33	