

































## Virginia Beach (outer coast), VA - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:48	3.5	8:13	4.8	1:53	-0.5	1:46	-0.6	5:48	8:27	
2	Sun	8:43	3.6	9:06	4.8	2:45	-0.6	2:40	-0.6	5:49	8:26	
3	Mon	9:38	3.7	10:00	4.7	3:36	-0.7	3:35	-0.5	5:49	8:26	
4	Tue	10:36	3.7	10:55	4.4	4:30	-0.6	4:34	-0.4	5:50	8:26	
5	Wed	11:33	3.7	11:49	4.1	5:26	-0.5	5:36	-0.1	5:50	8:26	
6	Thu			12:29	3.7	6:21	-0.4	6:40	0.1	5:51	8:26	
7	Fri	12:42	3.8	1:27	3.7	7:14	-0.2	7:45	0.3	5:51	8:26	
8	Sat	1:37	3.4	2:30	3.7	8:07	0.0	8:53	0.4	5:52	8:25	
9	Sun	2:41	3.1	3:35	3.7	9:01	0.1	9:58	0.5	5:52	8:25	
10	Mon	3:47	2.9	4:31	3.7	9:52	0.2	10:57	0.5	5:53	8:25	
11	Tue	4:45	2.8	5:19	3.7	10:39	0.3	11:52	0.5	5:54	8:24	
12	Wed	5:37	2.8	6:05	3.8	11:26	0.4			5:54	8:24	
13	Thu	6:26	2.8	6:48	3.8	12:43	0.4	12:13	0.4	5:55	8:23	
14	Fri	7:12	2.9	7:28	3.9	1:26	0.4	12:58	0.4	5:56	8:23	
15	Sat	7:52	2.9	8:05	3.9	2:01	0.3	1:39	0.4	5:56	8:22	
16	Sun	8:29	3.0	8:40	3.9	2:33	0.2	2:16	0.4	5:57	8:22	
17	Mon	9:05	3.1	9:15	3.9	3:04	0.2	2:52	0.4	5:58	8:21	
18	Tue	9:42	3.1	9:51	3.8	3:36	0.2	3:29	0.4	5:58	8:21	
19	Wed	10:20	3.2	10:29	3.7	4:12	0.2	4:10	0.5	5:59	8:20	
20	Thu	11:00	3.2	11:08	3.6	4:50	0.2	4:55	0.6	6:00	8:20	
21	Fri	11:40	3.3	11:48	3.5	5:30	0.2	5:44	0.6	6:01	8:19	
22	Sat			12:22	3.4	6:11	0.2	6:34	0.6	6:01	8:18	
23	Sun	12:30	3.4	1:07	3.6	6:54	0.2	7:29	0.6	6:02	8:18	
24	Mon	1:17	3.2	2:00	3.7	7:41	0.2	8:29	0.6	6:03	8:17	
25	Tue	2:14	3.1	3:01	3.9	8:35	0.1	9:32	0.5	6:04	8:16	
26	Wed	3:20	3.1	4:03	4.1	9:32	0.1	10:35	0.3	6:05	8:15	
27	Thu	4:25	3.1	5:03	4.4	10:31	0.0	11:37	0.1	6:05	8:14	
28	Fri	5:29	3.3	6:03	4.6	11:31	-0.2			6:06	8:14	
29	Sat	6:32	3.5	7:03	4.8	12:39	-0.1	12:33	-0.3	6:07	8:13	
30	Sun	7:33	3.7	7:59	4.8	1:37	-0.3	1:33	-0.4	6:08	8:12	
31	Mon	8:29	3.9	8:51	4.8	2:29	-0.5	2:29	-0.5	6:09	8:11	