































## Virginia Beach (outer coast), VA - Jul 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:10	2.9	5:45	4.0	11:06	0.0			5:48	8:27	
2	Mon	6:06	2.9	6:35	4.1	12:19	0.2	11:58 AM	0.1	5:48	8:26	
3	Tue	6:58	2.9	7:20	4.1	1:12	0.1	12:49	0.1	5:49	8:26	
4	Wed	7:45	3.0	8:02	4.1	1:57	0.1	1:35	0.2	5:49	8:26	
5	Thu	8:26	3.0	8:40	4.0	2:34	0.0	2:16	0.2	5:50	8:26	
6	Fri	9:05	3.0	9:17	3.9	3:09	0.1	2:53	0.3	5:51	8:26	
7	Sat	9:44	3.1	9:54	3.8	3:43	0.1	3:31	0.4	5:51	8:26	
8	Sun	10:25	3.0	10:32	3.7	4:18	0.2	4:11	0.5	5:52	8:25	
9	Mon	11:05	3.0	11:11	3.5	4:56	0.2	4:55	0.6	5:52	8:25	
10	Tue	11:45	3.1	11:49	3.4	5:35	0.3	5:41	0.7	5:53	8:25	
11	Wed			12:24	3.1	6:14	0.3	6:29	0.8	5:54	8:24	
12	Thu	12:28	3.2	1:05	3.2	6:53	0.4	7:19	0.8	5:54	8:24	
13	Fri	1:10	3.1	1:52	3.3	7:35	0.4	8:14	0.8	5:55	8:23	
14	Sat	1:59	2.9	2:46	3.4	8:21	0.4	9:12	0.7	5:56	8:23	
15	Sun	2:58	2.8	3:42	3.6	9:11	0.3	10:10	0.6	5:56	8:23	
16	Mon	3:59	2.8	4:36	3.9	10:03	0.2	11:07	0.4	5:57	8:22	
17	Tue	4:57	2.9	5:30	4.2	10:56	0.1			5:58	8:22	
18	Wed	5:55	3.0	6:25	4.4	12:05	0.2	11:53 AM	0.0	5:58	8:21	
19	Thu	6:53	3.2	7:20	4.6	1:02	-0.1	12:51	-0.2	5:59	8:20	
20	Fri	7:49	3.4	8:13	4.7	1:55	-0.3	1:47	-0.4	6:00	8:20	
21	Sat	8:43	3.6	9:05	4.8	2:44	-0.4	2:41	-0.4	6:01	8:19	
22	Sun	9:36	3.8	9:57	4.6	3:33	-0.5	3:35	-0.4	6:01	8:18	
23	Mon	10:32	3.9	10:51	4.4	4:24	-0.5	4:33	-0.3	6:02	8:18	
24	Tue	11:28	4.0	11:44	4.2	5:17	-0.4	5:35	-0.1	6:03	8:17	
25	Wed			12:24	4.0	6:10	-0.3	6:39	0.1	6:04	8:16	
26	Thu	12:37	3.8	1:21	4.0	7:03	-0.2	7:44	0.3	6:04	8:15	
27	Fri	1:32	3.5	2:24	4.0	7:56	0.0	8:53	0.4	6:05	8:15	
28	Sat	2:37	3.1	3:31	4.0	8:53	0.1	10:00	0.5	6:06	8:14	
29	Sun	3:48	3.0	4:31	4.0	9:49	0.3	11:02	0.5	6:07	8:13	
30	Mon	4:51	2.9	5:25	4.0	10:43	0.4			6:08	8:12	
31	Tue	5:48	2.9	6:15	4.0	12:00	0.5	11:37 AM	0.5	6:08	8:11	