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# Virginia Beach (outer coast), VA - Jul 2004

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 7:09 | 3.2 | 7:39 | 4.8 | 1:19 | -0.3 | 1:07 | -0.4 | 5:48 | 8:27 | |
| 2 | Fri | 8:07 | 3.3 | 8:34 | 4.8 | 2:14 | -0.5 | 2:05 | -0.5 | 5:49 | 8:26 | |
| 3 | Sat | 9:02 | 3.4 | 9:28 | 4.7 | 3:05 | -0.5 | 3:00 | -0.4 | 5:49 | 8:26 | |
| 4 | Sun | 9:59 | 3.5 | 10:22 | 4.5 | 3:57 | -0.5 | 3:56 | -0.3 | 5:50 | 8:26 | |
| 5 | Mon | 10:56 | 3.6 | 11:16 | 4.2 | 4:51 | -0.4 | 4:57 | -0.1 | 5:50 | 8:26 | |
| 6 | Tue | 11:52 | 3.6 | | | 5:45 | -0.3 | 6:00 | 0.1 | 5:51 | 8:26 | |
| 7 | Wed | 12:07 | 3.9 | 12:46 | 3.6 | 6:35 | -0.2 | 7:03 | 0.3 | 5:51 | 8:26 | |
| 8 | Thu | 12:57 | 3.5 | 1:43 | 3.6 | 7:24 | 0.0 | 8:08 | 0.5 | 5:52 | 8:25 | |
| 9 | Fri | 1:50 | 3.1 | 2:44 | 3.6 | 8:12 | 0.2 | 9:15 | 0.6 | 5:52 | 8:25 | |
| 10 | Sat | 2:51 | 2.8 | 3:44 | 3.6 | 9:00 | 0.3 | 10:15 | 0.6 | 5:53 | 8:25 | |
| 11 | Sun | 3:54 | 2.7 | 4:35 | 3.6 | 9:47 | 0.4 | 11:10 | 0.7 | 5:54 | 8:24 | |
| 12 | Mon | 4:49 | 2.6 | 5:20 | 3.7 | 10:32 | 0.5 | | | 5:54 | 8:24 | |
| 13 | Tue | 5:40 | 2.6 | 6:05 | 3.7 | 12:03 | 0.6 | 11:18 AM | 0.5 | 5:55 | 8:23 | |
| 14 | Wed | 6:30 | 2.6 | 6:48 | 3.7 | 12:52 | 0.5 | 12:06 | 0.5 | 5:56 | 8:23 | |
| 15 | Thu | 7:16 | 2.7 | 7:29 | 3.8 | 1:34 | 0.4 | 12:54 | 0.5 | 5:56 | 8:22 | |
| 16 | Fri | 7:57 | 2.8 | 8:07 | 3.9 | 2:08 | 0.3 | 1:37 | 0.4 | 5:57 | 8:22 | |
| 17 | Sat | 8:34 | 2.9 | 8:43 | 3.9 | 2:40 | 0.3 | 2:16 | 0.4 | 5:58 | 8:21 | |
| 18 | Sun | 9:11 | 3.0 | 9:18 | 3.9 | 3:11 | 0.2 | 2:54 | 0.4 | 5:59 | 8:21 | |
| 19 | Mon | 9:49 | 3.1 | 9:55 | 3.8 | 3:45 | 0.2 | 3:33 | 0.4 | 5:59 | 8:20 | |
| 20 | Tue | 10:29 | 3.2 | 10:33 | 3.7 | 4:20 | 0.2 | 4:16 | 0.5 | 6:00 | 8:20 | |
| 21 | Wed | 11:09 | 3.3 | 11:12 | 3.6 | 4:58 | 0.2 | 5:04 | 0.5 | 6:01 | 8:19 | |
| 22 | Thu | 11:51 | 3.4 | 11:54 | 3.5 | 5:37 | 0.2 | 5:55 | 0.6 | 6:01 | 8:18 | |
| 23 | Fri | | | 12:34 | 3.6 | 6:18 | 0.1 | 6:49 | 0.6 | 6:02 | 8:18 | |
| 24 | Sat | 12:38 | 3.3 | 1:22 | 3.8 | 7:02 | 0.1 | 7:47 | 0.6 | 6:03 | 8:17 | |
| 25 | Sun | 1:28 | 3.1 | 2:18 | 3.9 | 7:51 | 0.1 | 8:50 | 0.5 | 6:04 | 8:16 | |
| 26 | Mon | 2:29 | 3.0 | 3:22 | 4.1 | 8:47 | 0.1 | 9:55 | 0.4 | 6:05 | 8:15 | |
| 27 | Tue | 3:38 | 2.9 | 4:26 | 4.3 | 9:47 | 0.1 | 10:59 | 0.3 | 6:05 | 8:14 | |
| 28 | Wed | 4:46 | 3.0 | 5:27 | 4.5 | 10:48 | 0.0 | | | 6:06 | 8:14 | |
| 29 | Thu | 5:51 | 3.1 | 6:29 | 4.6 | 12:04 | 0.1 | 11:52 AM | -0.1 | 6:07 | 8:13 | |
| 30 | Fri | 6:56 | 3.3 | 7:28 | 4.7 | 1:06 | -0.1 | 12:56 | -0.2 | 6:08 | 8:12 | |
| 31 | Sat | 7:55 | 3.6 | 8:22 | 4.7 | 2:00 | -0.2 | 1:56 | -0.3 | 6:09 | 8:11 | |