

































Virginia Beach (outer coast), VA - Jul 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:28	3.1	7:00	4.6	12:41	-0.1	12:25	-0.3	5:48	8:27	
2	Wed	7:30	3.3	7:57	4.7	1:40	-0.3	1:26	-0.4	5:49	8:26	
3	Thu	8:27	3.4	8:51	4.6	2:32	-0.4	2:23	-0.4	5:49	8:26	
4	Fri	9:21	3.5	9:42	4.5	3:22	-0.5	3:17	-0.4	5:50	8:26	
5	Sat	10:16	3.6	10:34	4.2	4:12	-0.4	4:13	-0.2	5:50	8:26	
6	Sun	11:11	3.7	11:24	3.9	5:02	-0.3	5:13	0.0	5:51	8:26	
7	Mon			12:03	3.7	5:52	-0.2	6:12	0.2	5:51	8:26	
8	Tue	12:10	3.6	12:53	3.6	6:37	-0.1	7:11	0.5	5:52	8:25	
9	Wed	12:56	3.2	1:45	3.6	7:22	0.1	8:12	0.6	5:52	8:25	
10	Thu	1:44	2.9	2:42	3.5	8:07	0.3	9:15	0.7	5:53	8:25	
11	Fri	2:43	2.6	3:39	3.5	8:54	0.4	10:13	0.8	5:54	8:24	
12	Sat	3:47	2.5	4:30	3.5	9:41	0.6	11:05	0.8	5:54	8:24	
13	Sun	4:44	2.5	5:17	3.6	10:28	0.6	11:57	0.7	5:55	8:23	
14	Mon	5:36	2.5	6:03	3.7	11:16	0.6			5:56	8:23	
15	Tue	6:27	2.6	6:48	3.7	12:46	0.6	12:06	0.6	5:56	8:22	
16	Wed	7:13	2.7	7:30	3.8	1:27	0.5	12:55	0.5	5:57	8:22	
17	Thu	7:54	2.9	8:08	3.9	2:02	0.3	1:39	0.4	5:58	8:21	
18	Fri	8:32	3.0	8:44	4.0	2:34	0.2	2:19	0.4	5:59	8:21	
19	Sat	9:09	3.1	9:20	3.9	3:07	0.1	2:58	0.3	5:59	8:20	
20	Sun	9:47	3.2	9:57	3.9	3:40	0.1	3:39	0.4	6:00	8:20	
21	Mon	10:28	3.4	10:36	3.8	4:17	0.0	4:25	0.4	6:01	8:19	
22	Tue	11:10	3.6	11:18	3.6	4:56	0.0	5:15	0.5	6:02	8:18	
23	Wed	11:54	3.7			5:37	0.0	6:09	0.5	6:02	8:17	
24	Thu	12:02	3.4	12:40	3.9	6:21	0.0	7:05	0.5	6:03	8:17	
25	Fri	12:49	3.2	1:32	4.0	7:08	0.0	8:06	0.5	6:04	8:16	
26	Sat	1:44	3.1	2:33	4.1	8:02	0.1	9:13	0.5	6:05	8:15	
27	Sun	2:50	2.9	3:41	4.2	9:03	0.1	10:19	0.4	6:05	8:14	
28	Mon	4:03	2.9	4:46	4.3	10:06	0.1	11:25	0.3	6:06	8:14	
29	Tue	5:11	3.0	5:50	4.4	11:09	0.0			6:07	8:13	
30	Wed	6:18	3.2	6:51	4.5	12:30	0.1	12:15	-0.1	6:08	8:12	
31	Thu	7:20	3.5	7:47	4.6	1:28	-0.1	1:18	-0.2	6:09	8:11	