US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Aug 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**8:15**	3.7	**8:36**	4.5	**2:17**	-0.2	**2:14**	-0.2	6:09	8:10	
2	Sat	**9:05**	3.9	**9:23**	4.4	**3:02**	-0.3	**3:05**	-0.2	6:10	8:09	
3	Sun	**9:55**	4.0	**10:09**	4.2	**3:45**	-0.3	**3:56**	0.0	6:11	8:08	
4	Mon	**10:43**	4.0	**10:53**	3.9	**4:28**	-0.2	**4:49**	0.2	6:12	8:07	
5	Tue	**11:30**	4.0	**11:36**	3.5	**5:11**	0.0	**5:43**	0.4	6:13	8:06	
6	Wed			**12:14**	3.9	**5:53**	0.2	**6:35**	0.7	6:14	8:05	
7	Thu	**12:18**	3.2	**12:58**	3.8	**6:34**	0.4	**7:28**	0.8	6:14	8:04	
8	Fri	**1:00**	3.0	**1:46**	3.7	**7:16**	0.6	**8:25**	1.0	6:15	8:03	
9	Sat	**1:49**	2.8	**2:42**	3.6	**8:03**	0.8	**9:25**	1.1	6:16	8:02	
10	Sun	**2:53**	2.6	**3:44**	3.5	**8:55**	0.9	**10:21**	1.1	6:17	8:00	
11	Mon	**4:03**	2.6	**4:39**	3.6	**9:50**	0.9	**11:14**	1.0	6:18	7:59	
12	Tue	**5:01**	2.7	**5:29**	3.7	**10:43**	0.9			6:18	7:58	
13	Wed	**5:53**	2.8	**6:16**	3.8	**12:05**	0.9	**11:35 AM**	0.8	6:19	7:57	
14	Thu	**6:41**	3.0	**7:00**	4.0	**12:50**	0.7	**12:27**	0.7	6:20	7:56	
15	Fri	**7:24**	3.2	**7:39**	4.1	**1:28**	0.5	**1:14**	0.6	6:21	7:55	
16	Sat	**8:03**	3.4	**8:16**	4.1	**2:01**	0.4	**1:58**	0.4	6:22	7:53	
17	Sun	**8:40**	3.7	**8:53**	4.1	**2:33**	0.2	**2:39**	0.4	6:23	7:52	
18	Mon	**9:18**	3.9	**9:30**	4.1	**3:07**	0.1	**3:21**	0.3	6:23	7:51	
19	Tue	**9:59**	4.1	**10:11**	3.9	**3:43**	0.0	**4:07**	0.4	6:24	7:49	
20	Wed	**10:43**	4.2	**10:55**	3.8	**4:22**	0.1	**4:58**	0.4	6:25	7:48	
21	Thu	**11:29**	4.3	**11:42**	3.6	**5:06**	0.1	**5:52**	0.5	6:26	7:47	
22	Fri			**12:18**	4.3	**5:54**	0.2	**6:49**	0.6	6:27	7:46	
23	Sat	**12:32**	3.4	**1:11**	4.3	**6:46**	0.3	**7:51**	0.7	6:28	7:44	
24	Sun	**1:28**	3.2	**2:15**	4.3	**7:44**	0.4	**9:01**	0.8	6:28	7:43	
25	Mon	**2:39**	3.1	**3:30**	4.2	**8:50**	0.5	**10:11**	0.7	6:29	7:41	
26	Tue	**3:58**	3.2	**4:40**	4.3	**9:59**	0.4	**11:16**	0.6	6:30	7:40	
27	Wed	**5:09**	3.3	**5:43**	4.4	**11:06**	0.4			6:31	7:39	
28	Thu	**6:13**	3.6	**6:41**	4.5	**12:17**	0.4	**12:12**	0.3	6:32	7:37	
29	Fri	**7:10**	3.9	**7:33**	4.5	**1:11**	0.2	**1:13**	0.2	6:32	7:36	
30	Sat	**8:00**	4.1	**8:18**	4.4	**1:56**	0.1	**2:05**	0.1	6:33	7:34	
31	Sun	**8:45**	4.3	**9:00**	4.3	**2:36**	0.0	**2:52**	0.2	6:34	7:33	