
































## Virginia Beach (outer coast), VA - Jun 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:04	3.2	3:56	3.7	9:22	0.0	10:16	0.3	5:45	8:17	
2	Tue	4:10	3.0	4:51	3.9	10:14	0.1	11:17	0.3	5:45	8:18	
3	Wed	5:08	2.9	5:41	4.0	11:03	0.1			5:45	8:18	
4	Thu	6:01	2.8	6:28	4.0	12:15	0.2	11:51 AM	0.2	5:45	8:19	
5	Fri	6:51	2.8	7:12	4.0	1:07	0.2	12:40	0.2	5:44	8:20	
6	Sat	7:36	2.9	7:52	4.0	1:50	0.1	1:24	0.2	5:44	8:20	
7	Sun	8:16	2.9	8:29	3.9	2:27	0.1	2:03	0.2	5:44	8:21	
8	Mon	8:54	2.9	9:05	3.9	3:00	0.1	2:40	0.3	5:44	8:21	
9	Tue	9:32	2.9	9:42	3.8	3:33	0.1	3:17	0.4	5:44	8:22	
10	Wed	10:12	2.9	10:20	3.6	4:08	0.2	3:56	0.5	5:44	8:22	
11	Thu	10:53	2.9	10:59	3.5	4:47	0.2	4:39	0.6	5:44	8:23	
12	Fri	11:33	2.9	11:38	3.4	5:26	0.3	5:25	0.7	5:44	8:23	
13	Sat			12:14	3.0	6:05	0.3	6:14	0.8	5:44	8:23	
14	Sun	12:17	3.2	12:55	3.0	6:45	0.3	7:05	0.8	5:44	8:24	
15	Mon	12:59	3.1	1:41	3.2	7:26	0.3	8:00	0.8	5:44	8:24	
16	Tue	1:47	2.9	2:35	3.4	8:11	0.3	9:01	0.7	5:44	8:25	
17	Wed	2:45	2.8	3:32	3.6	9:01	0.2	10:00	0.5	5:44	8:25	
18	Thu	3:47	2.8	4:27	3.9	9:53	0.1	10:58	0.3	5:44	8:25	
19	Fri	4:46	2.8	5:21	4.2	10:46	0.0	11:58	0.1	5:44	8:25	
20	Sat	5:45	2.9	6:17	4.4	11:43	-0.2			5:44	8:26	
21	Sun	6:45	3.1	7:14	4.6	12:57	-0.1	12:42	-0.3	5:45	8:26	
22	Mon	7:43	3.3	8:08	4.7	1:51	-0.4	1:39	-0.4	5:45	8:26	
23	Tue	8:38	3.4	9:01	4.7	2:42	-0.5	2:34	-0.5	5:45	8:26	
24	Wed	9:33	3.6	9:55	4.6	3:32	-0.6	3:29	-0.5	5:45	8:26	
25	Thu	10:30	3.7	10:49	4.4	4:25	-0.6	4:28	-0.3	5:46	8:27	
26	Fri	11:28	3.7	11:42	4.0	5:19	-0.5	5:31	-0.2	5:46	8:27	
27	Sat			12:23	3.8	6:11	-0.4	6:35	0.0	5:46	8:27	
28	Sun	12:34	3.7	1:20	3.8	7:03	-0.3	7:41	0.2	5:47	8:27	
29	Mon	1:28	3.3	2:22	3.8	7:54	-0.1	8:50	0.4	5:47	8:27	
30	Tue	2:30	3.0	3:26	3.8	8:47	0.0	9:56	0.4	5:48	8:27	