






























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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:38	2.8	4:24	3.8	9:40	0.2	10:56	0.5	5:48	8:27	
2	Thu	4:40	2.6	5:15	3.8	10:31	0.3	11:53	0.5	5:49	8:26	
3	Fri	5:35	2.6	6:04	3.8	11:21	0.4			5:49	8:26	
4	Sat	6:27	2.7	6:50	3.8	12:46	0.4	12:12	0.4	5:50	8:26	
5	Sun	7:15	2.7	7:31	3.8	1:31	0.4	1:00	0.4	5:50	8:26	
6	Mon	7:56	2.8	8:09	3.8	2:07	0.3	1:42	0.4	5:51	8:26	
7	Tue	8:34	2.9	8:44	3.8	2:39	0.2	2:20	0.4	5:51	8:26	
8	Wed	9:10	3.0	9:19	3.8	3:10	0.2	2:56	0.4	5:52	8:25	
9	Thu	9:47	3.0	9:54	3.7	3:41	0.2	3:33	0.5	5:52	8:25	
10	Fri	10:25	3.1	10:30	3.6	4:14	0.2	4:14	0.5	5:53	8:25	
11	Sat	11:04	3.2	11:07	3.4	4:50	0.2	4:58	0.6	5:54	8:24	
12	Sun	11:42	3.3	11:45	3.3	5:27	0.2	5:46	0.7	5:54	8:24	
13	Mon			12:21	3.4	6:05	0.2	6:35	0.7	5:55	8:23	
14	Tue	12:25	3.1	1:04	3.5	6:46	0.2	7:28	0.7	5:56	8:23	
15	Wed	1:10	3.0	1:54	3.7	7:31	0.2	8:27	0.7	5:56	8:23	
16	Thu	2:05	2.8	2:53	3.8	8:22	0.2	9:30	0.6	5:57	8:22	
17	Fri	3:10	2.8	3:56	4.0	9:20	0.1	10:32	0.4	5:58	8:21	
18	Sat	4:17	2.8	4:57	4.2	10:20	0.0	11:34	0.2	5:58	8:21	
19	Sun	5:22	3.0	5:58	4.4	11:21	-0.1			5:59	8:20	
20	Mon	6:26	3.2	6:58	4.6	12:37	0.0	12:25	-0.2	6:00	8:20	
21	Tue	7:28	3.5	7:54	4.7	1:34	-0.2	1:27	-0.4	6:01	8:19	
22	Wed	8:24	3.7	8:47	4.7	2:25	-0.4	2:23	-0.5	6:01	8:18	
23	Thu	9:18	3.9	9:38	4.6	3:13	-0.5	3:18	-0.4	6:02	8:18	
24	Fri	10:12	4.1	10:29	4.3	4:01	-0.6	4:15	-0.3	6:03	8:17	
25	Sat	11:07	4.2	11:20	4.0	4:51	-0.5	5:16	-0.1	6:04	8:16	
26	Sun	11:59	4.2			5:40	-0.3	6:17	0.1	6:04	8:15	
27	Mon	12:09	3.6	12:51	4.1	6:29	-0.1	7:17	0.4	6:05	8:15	
28	Tue	12:58	3.3	1:46	4.0	7:18	0.1	8:22	0.6	6:06	8:14	
29	Wed	1:53	3.0	2:48	3.8	8:09	0.3	9:28	0.7	6:07	8:13	
30	Thu	3:01	2.7	3:52	3.7	9:05	0.5	10:28	0.8	6:08	8:12	
31	Fri	4:10	2.7	4:48	3.7	10:01	0.6	11:24	0.8	6:08	8:11	