
























Virginia Beach (outer coast), VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:09	2.7	5:38	3.7	10:54	0.7			6:09	8:10	
2	Sun	6:01	2.8	6:25	3.8	12:17	0.7	11:46 AM	0.7	6:10	8:09	
3	Mon	6:50	2.9	7:08	3.8	1:03	0.6	12:37	0.6	6:11	8:08	
4	Tue	7:32	3.0	7:45	3.9	1:41	0.5	1:21	0.6	6:12	8:07	
5	Wed	8:10	3.2	8:20	3.9	2:11	0.4	1:59	0.5	6:13	8:06	
6	Thu	8:44	3.3	8:52	3.9	2:40	0.3	2:35	0.5	6:13	8:05	
7	Fri	9:18	3.5	9:26	3.8	3:08	0.2	3:12	0.5	6:14	8:04	
8	Sat	9:53	3.6	10:00	3.7	3:39	0.2	3:50	0.6	6:15	8:03	
9	Sun	10:30	3.7	10:37	3.6	4:12	0.2	4:33	0.6	6:16	8:02	
10	Mon	11:08	3.8	11:16	3.4	4:48	0.3	5:20	0.7	6:17	8:01	
11	Tue	11:49	3.9	11:58	3.3	5:28	0.3	6:09	0.7	6:17	8:00	
12	Wed			12:33	4.0	6:11	0.3	7:02	0.8	6:18	7:58	
13	Thu	12:44	3.1	1:23	4.0	6:59	0.4	8:01	0.8	6:19	7:57	
14	Fri	1:38	3.0	2:24	4.1	7:55	0.4	9:07	0.8	6:20	7:56	
15	Sat	2:46	3.0	3:34	4.2	8:58	0.4	10:13	0.6	6:21	7:55	
16	Sun	4:00	3.1	4:41	4.3	10:04	0.3	11:16	0.4	6:22	7:54	
17	Mon	5:08	3.3	5:44	4.5	11:09	0.2			6:22	7:52	
18	Tue	6:13	3.6	6:44	4.7	12:18	0.2	12:14	0.0	6:23	7:51	
19	Wed	7:14	3.9	7:39	4.7	1:14	0.0	1:17	-0.2	6:24	7:50	
20	Thu	8:08	4.2	8:29	4.7	2:04	-0.2	2:14	-0.2	6:25	7:48	
21	Fri	8:59	4.5	9:17	4.5	2:49	-0.4	3:06	-0.2	6:26	7:47	
22	Sat	9:49	4.6	10:05	4.3	3:32	-0.3	3:59	-0.1	6:27	7:46	
23	Sun	10:39	4.6	10:53	4.0	4:17	-0.2	4:55	0.1	6:27	7:44	
24	Mon	11:29	4.5	11:41	3.7	5:04	0.0	5:51	0.4	6:28	7:43	
25	Tue			12:17	4.3	5:52	0.3	6:48	0.7	6:29	7:42	
26	Wed	12:28	3.3	1:07	4.1	6:40	0.5	7:46	0.9	6:30	7:40	
27	Thu	1:17	3.1	2:03	3.9	7:31	0.8	8:50	1.0	6:31	7:39	
28	Fri	2:19	2.9	3:11	3.7	8:29	0.9	9:53	1.1	6:31	7:38	
29	Sat	3:37	2.8	4:15	3.7	9:30	1.0	10:48	1.1	6:32	7:36	
30	Sun	4:40	2.9	5:07	3.7	10:27	1.1	11:38	1.0	6:33	7:35	
31	Mon	5:32	3.0	5:53	3.8	11:19	1.0			6:34	7:33	