US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:49	3.1	11:50	3.3	5:35	0.2	5:49	0.7	5:48	8:27	
2	Fri			12:27	3.2	6:12	0.3	6:36	0.8	5:48	8:27	
3	Sat	12:29	3.1	1:08	3.2	6:50	0.3	7:26	0.8	5:49	8:26	
4	Sun	1:10	2.9	1:53	3.3	7:30	0.4	8:20	0.8	5:49	8:26	
5	Mon	1:59	2.7	2:47	3.4	8:16	0.4	9:18	0.8	5:50	8:26	
6	Tue	2:58	2.6	3:43	3.6	9:06	0.4	10:15	0.7	5:50	8:26	
7	Wed	3:59	2.6	4:37	3.8	9:59	0.3	11:10	0.5	5:51	8:26	
8	Thu	4:57	2.7	5:30	4.0	10:53	0.2			5:52	8:25	
9	Fri	5:54	2.8	6:25	4.2	12:07	0.3	11:50 AM	0.0	5:52	8:25	
10	Sat	6:52	3.1	7:18	4.4	1:03	0.0	12:48	-0.1	5:53	8:25	
11	Sun	7:47	3.3	8:09	4.6	1:53	-0.2	1:43	-0.3	5:53	8:24	
12	Mon	8:39	3.5	8:59	4.6	2:39	-0.4	2:36	-0.4	5:54	8:24	
13	Tue	9:31	3.8	9:49	4.5	3:25	-0.5	3:29	-0.4	5:55	8:24	
14	Wed	10:25	3.9	10:40	4.3	4:14	-0.6	4:26	-0.3	5:55	8:23	
15	Thu	11:19	4.1	11:32	4.0	5:04	-0.5	5:28	-0.1	5:56	8:23	
16	Fri			12:13	4.1	5:55	-0.4	6:30	0.0	5:57	8:22	
17	Sat	12:23	3.7	1:08	4.1	6:46	-0.3	7:34	0.2	5:57	8:22	
18	Sun	1:17	3.3	2:09	4.1	7:39	-0.1	8:43	0.4	5:58	8:21	
19	Mon	2:20	3.0	3:17	4.0	8:36	0.0	9:51	0.4	5:59	8:20	
20	Tue	3:33	2.8	4:21	4.0	9:36	0.2	10:54	0.5	6:00	8:20	
21	Wed	4:41	2.8	5:19	4.0	10:34	0.3	11:55	0.5	6:00	8:19	
22	Thu	5:41	2.8	6:12	4.0	11:32	0.3			6:01	8:19	
23	Fri	6:37	2.9	7:01	4.0	12:50	0.4	12:29	0.4	6:02	8:18	
24	Sat	7:26	3.0	7:44	4.0	1:36	0.3	1:20	0.4	6:03	8:17	
25	Sun	8:08	3.2	8:21	3.9	2:14	0.2	2:01	0.3	6:03	8:16	
26	Mon	8:46	3.3	8:55	3.9	2:46	0.2	2:38	0.4	6:04	8:16	
27	Tue	9:22	3.3	9:29	3.8	3:15	0.2	3:14	0.4	6:05	8:15	
28	Wed	9:58	3.4	10:03	3.7	3:45	0.2	3:51	0.5	6:06	8:14	
29	Thu	10:35	3.4	10:39	3.5	4:17	0.2	4:31	0.6	6:07	8:13	
30	Fri	11:12	3.5	11:16	3.3	4:52	0.3	5:15	0.7	6:07	8:12	
31	Sat	11:48	3.5	11:53	3.2	5:28	0.4	6:01	0.8	6:08	8:11	