





















Virginia Beach (outer coast), VA - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:27	3.6	6:07	0.4	6:48	0.9	6:09	8:10	
2	Mon	12:33	3.0	1:09	3.6	6:48	0.5	7:39	0.9	6:10	8:09	
3	Tue	1:18	2.9	2:00	3.7	7:34	0.5	8:38	0.9	6:11	8:08	
4	Wed	2:14	2.8	3:00	3.8	8:27	0.5	9:39	0.8	6:11	8:07	
5	Thu	3:21	2.8	4:03	3.9	9:27	0.5	10:38	0.7	6:12	8:06	
6	Fri	4:26	2.9	5:03	4.2	10:27	0.3	11:37	0.4	6:13	8:05	
7	Sat	5:28	3.1	6:01	4.4	11:28	0.2			6:14	8:04	
8	Sun	6:29	3.4	6:57	4.6	12:35	0.2	12:29	0.0	6:15	8:03	
9	Mon	7:27	3.8	7:50	4.7	1:28	-0.1	1:29	-0.2	6:16	8:02	
10	Tue	8:20	4.1	8:40	4.7	2:15	-0.4	2:24	-0.4	6:16	8:01	
11	Wed	9:11	4.4	9:30	4.6	3:01	-0.5	3:17	-0.4	6:17	8:00	
12	Thu	10:04	4.5	10:20	4.4	3:47	-0.5	4:13	-0.2	6:18	7:59	
13	Fri	10:57	4.6	11:12	4.1	4:36	-0.4	5:12	-0.1	6:19	7:58	
14	Sat	11:51	4.6			5:27	-0.3	6:13	0.2	6:20	7:56	
15	Sun	12:04	3.7	12:44	4.4	6:19	0.0	7:16	0.4	6:21	7:55	
16	Mon	12:57	3.4	1:43	4.2	7:13	0.2	8:23	0.6	6:21	7:54	
17	Tue	1:58	3.1	2:52	4.1	8:13	0.4	9:32	0.7	6:22	7:53	
18	Wed	3:14	3.0	4:02	4.0	9:17	0.6	10:35	0.8	6:23	7:51	
19	Thu	4:27	3.0	5:01	3.9	10:20	0.7	11:33	0.8	6:24	7:50	
20	Fri	5:26	3.0	5:53	3.9	11:19	0.7			6:25	7:49	
21	Sat	6:19	3.2	6:40	3.9	12:25	0.7	12:14	0.7	6:26	7:47	
22	Sun	7:05	3.3	7:20	4.0	1:09	0.6	1:03	0.7	6:26	7:46	
23	Mon	7:44	3.5	7:55	4.0	1:45	0.5	1:44	0.6	6:27	7:45	
24	Tue	8:19	3.6	8:28	4.0	2:13	0.4	2:18	0.6	6:28	7:43	
25	Wed	8:52	3.8	9:00	3.9	2:40	0.4	2:52	0.6	6:29	7:42	
26	Thu	9:24	3.9	9:32	3.8	3:08	0.4	3:26	0.7	6:30	7:41	
27	Fri	9:58	3.9	10:07	3.6	3:38	0.4	4:03	0.7	6:30	7:39	
28	Sat	10:33	3.9	10:44	3.5	4:11	0.5	4:44	0.8	6:31	7:38	
29	Sun	11:11	4.0	11:22	3.3	4:47	0.6	5:29	0.9	6:32	7:37	
30	Mon	11:51	4.0			5:27	0.7	6:16	1.0	6:33	7:35	
31	Tue	12:04	3.2	12:34	4.0	6:12	0.7	7:08	1.0	6:34	7:34	