






























## Virginia Beach (outer coast), VA - Jul 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:19	3.1	8:34	4.2	2:23	-0.1	2:10	0.0	5:48	8:27	
2	Sat	9:03	3.3	9:17	4.2	3:02	-0.2	2:55	-0.1	5:48	8:27	
3	Sun	9:49	3.4	10:02	4.2	3:43	-0.3	3:44	-0.1	5:49	8:26	
4	Mon	10:38	3.6	10:49	4.0	4:28	-0.3	4:37	0.0	5:49	8:26	
5	Tue	11:29	3.7	11:38	3.8	5:15	-0.3	5:34	0.1	5:50	8:26	
6	Wed			12:19	3.8	6:04	-0.3	6:34	0.2	5:50	8:26	
7	Thu	12:27	3.6	1:13	3.9	6:54	-0.3	7:36	0.2	5:51	8:26	
8	Fri	1:21	3.3	2:13	4.0	7:46	-0.2	8:43	0.3	5:51	8:25	
9	Sat	2:23	3.1	3:20	4.1	8:44	-0.1	9:51	0.3	5:52	8:25	
10	Sun	3:35	3.0	4:25	4.1	9:44	-0.1	10:56	0.2	5:53	8:25	
11	Mon	4:43	2.9	5:25	4.2	10:43	0.0	11:59	0.1	5:53	8:24	
12	Tue	5:48	3.0	6:23	4.3	11:44	0.0			5:54	8:24	
13	Wed	6:49	3.1	7:17	4.3	12:59	0.0	12:45	0.0	5:55	8:24	
14	Thu	7:43	3.3	8:05	4.3	1:50	-0.1	1:40	-0.1	5:55	8:23	
15	Fri	8:31	3.4	8:48	4.2	2:33	-0.1	2:28	0.0	5:56	8:23	
16	Sat	9:15	3.4	9:29	4.0	3:13	-0.1	3:12	0.1	5:57	8:22	
17	Sun	9:59	3.5	10:08	3.9	3:50	-0.1	3:55	0.2	5:57	8:22	
18	Mon	10:42	3.5	10:47	3.6	4:28	0.0	4:40	0.4	5:58	8:21	
19	Tue	11:23	3.5	11:26	3.4	5:06	0.1	5:27	0.6	5:59	8:21	
20	Wed			12:02	3.4	5:43	0.2	6:13	0.7	5:59	8:20	
21	Thu	12:04	3.2	12:41	3.4	6:21	0.3	7:00	0.8	6:00	8:19	
22	Fri	12:44	3.0	1:23	3.4	7:00	0.5	7:50	0.9	6:01	8:19	
23	Sat	1:28	2.8	2:12	3.4	7:43	0.6	8:46	0.9	6:02	8:18	
24	Sun	2:21	2.6	3:08	3.4	8:31	0.6	9:43	0.9	6:03	8:17	
25	Mon	3:24	2.6	4:05	3.6	9:23	0.6	10:37	0.8	6:03	8:17	
26	Tue	4:24	2.6	4:57	3.7	10:16	0.6	11:30	0.7	6:04	8:16	
27	Wed	5:19	2.8	5:48	3.9	11:10	0.4			6:05	8:15	
28	Thu	6:13	3.0	6:38	4.1	12:23	0.5	12:05	0.3	6:06	8:14	
29	Fri	7:05	3.2	7:26	4.3	1:11	0.2	1:00	0.1	6:06	8:13	
30	Sat	7:54	3.5	8:11	4.4	1:55	0.0	1:51	-0.1	6:07	8:12	
31	Sun	8:40	3.8	8:56	4.4	2:36	-0.2	2:40	-0.2	6:08	8:12	