

































## Virginia Beach (outer coast), VA - Aug 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:20	2.8	4:54	3.6	10:08	0.6	11:29	0.8	6:09	8:10	
2	Fri	5:13	2.8	5:40	3.7	10:57	0.7			6:10	8:09	
3	Sat	6:03	2.9	6:25	3.8	12:18	0.7	11:47 AM	0.6	6:11	8:08	
4	Sun	6:50	3.1	7:06	3.8	1:01	0.6	12:35	0.6	6:12	8:07	
5	Mon	7:32	3.2	7:43	3.9	1:37	0.4	1:19	0.5	6:13	8:06	
6	Tue	8:09	3.4	8:18	4.0	2:08	0.3	1:59	0.4	6:13	8:05	
7	Wed	8:45	3.5	8:52	4.0	2:38	0.2	2:37	0.4	6:14	8:04	
8	Thu	9:21	3.6	9:27	3.9	3:09	0.2	3:15	0.4	6:15	8:03	
9	Fri	9:58	3.7	10:04	3.8	3:42	0.1	3:57	0.4	6:16	8:02	
10	Sat	10:38	3.8	10:44	3.7	4:19	0.2	4:42	0.5	6:17	8:01	
11	Sun	11:20	3.9	11:27	3.6	5:00	0.2	5:32	0.5	6:17	8:00	
12	Mon			12:05	4.0	5:45	0.2	6:24	0.6	6:18	7:58	
13	Tue	12:13	3.5	12:53	4.1	6:32	0.2	7:20	0.6	6:19	7:57	
14	Wed	1:04	3.3	1:49	4.1	7:25	0.3	8:22	0.6	6:20	7:56	
15	Thu	2:04	3.2	2:55	4.2	8:25	0.3	9:28	0.5	6:21	7:55	
16	Fri	3:15	3.2	4:03	4.3	9:30	0.2	10:32	0.4	6:22	7:54	
17	Sat	4:27	3.4	5:07	4.5	10:34	0.2	11:34	0.2	6:22	7:52	
18	Sun	5:33	3.6	6:08	4.6	11:38	0.0			6:23	7:51	
19	Mon	6:36	3.9	7:05	4.7	12:35	0.0	12:43	-0.1	6:24	7:50	
20	Tue	7:34	4.1	7:58	4.7	1:29	-0.2	1:42	-0.2	6:25	7:48	
21	Wed	8:26	4.4	8:47	4.6	2:17	-0.3	2:34	-0.2	6:26	7:47	
22	Thu	9:15	4.5	9:34	4.5	3:02	-0.3	3:25	-0.1	6:27	7:46	
23	Fri	10:04	4.5	10:21	4.2	3:46	-0.3	4:16	0.1	6:27	7:44	
24	Sat	10:52	4.4	11:08	3.9	4:31	-0.1	5:10	0.3	6:28	7:43	
25	Sun	11:40	4.3	11:53	3.6	5:17	0.1	6:04	0.5	6:29	7:42	
26	Mon			12:26	4.1	6:04	0.4	6:58	0.8	6:30	7:40	
27	Tue	12:39	3.4	1:13	3.9	6:50	0.6	7:54	1.0	6:31	7:39	
28	Wed	1:28	3.1	2:08	3.7	7:39	0.8	8:55	1.1	6:31	7:38	
29	Thu	2:29	3.0	3:12	3.6	8:34	1.0	9:53	1.1	6:32	7:36	
30	Fri	3:40	3.0	4:12	3.7	9:30	1.0	10:44	1.1	6:33	7:35	
31	Sat	4:39	3.1	5:02	3.7	10:24	1.0	11:31	1.0	6:34	7:33	