US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Jul 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:20	3.3	5:56	4.4	11:22	-0.3			5:48	8:27	
2	Sat	6:23	3.3	6:54	4.5	12:31	-0.2	12:22	-0.4	5:49	8:26	
3	Sun	7:22	3.4	7:47	4.6	1:29	-0.4	1:20	-0.4	5:49	8:26	
4	Mon	8:16	3.5	8:37	4.5	2:20	-0.5	2:13	-0.4	5:50	8:26	
5	Tue	9:07	3.6	9:24	4.4	3:07	-0.5	3:02	-0.3	5:50	8:26	
6	Wed	9:57	3.6	10:11	4.2	3:53	-0.4	3:51	-0.1	5:51	8:26	
7	Thu	10:46	3.5	10:57	3.9	4:39	-0.3	4:43	0.1	5:51	8:26	
8	Fri	11:35	3.5	11:41	3.6	5:26	-0.1	5:36	0.3	5:52	8:25	
9	Sat			12:20	3.4	6:10	0.0	6:27	0.5	5:53	8:25	
10	Sun	12:22	3.4	1:05	3.4	6:52	0.2	7:19	0.7	5:53	8:25	
11	Mon	1:05	3.1	1:54	3.3	7:34	0.3	8:13	0.8	5:54	8:24	
12	Tue	1:52	2.9	2:49	3.3	8:18	0.4	9:10	0.8	5:54	8:24	
13	Wed	2:49	2.7	3:44	3.4	9:04	0.5	10:04	0.8	5:55	8:23	
14	Thu	3:50	2.7	4:33	3.5	9:51	0.5	10:54	0.7	5:56	8:23	
15	Fri	4:45	2.7	5:19	3.6	10:38	0.5	11:44	0.6	5:56	8:22	
16	Sat	5:35	2.8	6:04	3.8	11:25	0.5			5:57	8:22	
17	Sun	6:25	2.9	6:49	3.9	12:33	0.4	12:15	0.4	5:58	8:21	
18	Mon	7:12	3.0	7:32	4.1	1:17	0.3	1:04	0.2	5:59	8:21	
19	Tue	7:55	3.2	8:13	4.2	1:57	0.1	1:49	0.1	5:59	8:20	
20	Wed	8:37	3.3	8:54	4.2	2:36	-0.1	2:33	0.0	6:00	8:20	
21	Thu	9:20	3.5	9:36	4.2	3:15	-0.2	3:18	0.0	6:01	8:19	
22	Fri	10:05	3.6	10:21	4.1	3:57	-0.2	4:06	0.0	6:02	8:18	
23	Sat	10:54	3.8	11:09	4.0	4:42	-0.3	5:00	0.1	6:02	8:17	
24	Sun	11:44	3.9	11:57	3.8	5:31	-0.2	5:57	0.2	6:03	8:17	
25	Mon			12:35	4.0	6:20	-0.2	6:55	0.3	6:04	8:16	
26	Tue	12:48	3.6	1:30	4.0	7:12	-0.2	7:58	0.3	6:05	8:15	
27	Wed	1:45	3.4	2:34	4.1	8:08	-0.1	9:06	0.3	6:05	8:14	
28	Thu	2:53	3.3	3:42	4.1	9:08	0.0	10:13	0.3	6:06	8:13	
29	Fri	4:04	3.2	4:46	4.2	10:08	0.0	11:17	0.2	6:07	8:13	
30	Sat	5:10	3.3	5:46	4.3	11:09	0.0			6:08	8:12	
31	Sun	6:13	3.4	6:43	4.4	12:20	0.1	12:10	0.0	6:09	8:11	