

































Virginia Beach (outer coast), VA - Aug 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:11	3.5	7:35	4.4	1:17	0.0	1:09	-0.1	6:10	8:10	
2	Tue	8:03	3.7	8:22	4.4	2:05	-0.1	2:01	-0.1	6:10	8:09	
3	Wed	8:49	3.8	9:04	4.3	2:48	-0.2	2:47	0.0	6:11	8:08	
4	Thu	9:33	3.8	9:45	4.1	3:27	-0.1	3:31	0.1	6:12	8:07	
5	Fri	10:17	3.8	10:26	3.9	4:06	0.0	4:15	0.3	6:13	8:06	
6	Sat	11:00	3.7	11:06	3.7	4:46	0.1	5:02	0.5	6:14	8:05	
7	Sun	11:42	3.7	11:45	3.5	5:25	0.3	5:48	0.7	6:14	8:04	
8	Mon			12:22	3.6	6:05	0.4	6:35	0.8	6:15	8:03	
9	Tue	12:25	3.3	1:03	3.6	6:44	0.6	7:23	0.9	6:16	8:02	
10	Wed	1:07	3.1	1:50	3.5	7:26	0.7	8:16	1.0	6:17	8:00	
11	Thu	1:56	2.9	2:45	3.5	8:14	0.8	9:13	1.0	6:18	7:59	
12	Fri	2:57	2.8	3:44	3.6	9:05	0.8	10:07	1.0	6:19	7:58	
13	Sat	3:59	2.8	4:36	3.7	9:58	0.8	10:59	0.8	6:19	7:57	
14	Sun	4:55	2.9	5:26	3.9	10:50	0.7	11:50	0.7	6:20	7:56	
15	Mon	5:47	3.1	6:14	4.1	11:42	0.5			6:21	7:54	
16	Tue	6:38	3.3	7:02	4.3	12:39	0.4	12:36	0.4	6:22	7:53	
17	Wed	7:26	3.6	7:47	4.4	1:25	0.2	1:26	0.2	6:23	7:52	
18	Thu	8:11	3.9	8:30	4.5	2:07	0.0	2:14	0.0	6:24	7:51	
19	Fri	8:56	4.1	9:15	4.5	2:48	-0.2	3:01	0.0	6:24	7:49	
20	Sat	9:43	4.3	10:01	4.4	3:30	-0.2	3:51	0.0	6:25	7:48	
21	Sun	10:32	4.4	10:51	4.2	4:16	-0.2	4:45	0.1	6:26	7:47	
22	Mon	11:24	4.5	11:42	4.0	5:06	-0.2	5:43	0.2	6:27	7:45	
23	Tue			12:17	4.5	5:58	-0.1	6:43	0.3	6:28	7:44	
24	Wed	12:35	3.8	1:12	4.4	6:52	0.1	7:47	0.5	6:28	7:43	
25	Thu	1:33	3.6	2:17	4.3	7:50	0.2	8:56	0.6	6:29	7:41	
26	Fri	2:43	3.4	3:30	4.3	8:54	0.3	10:05	0.6	6:30	7:40	
27	Sat	4:00	3.4	4:38	4.3	10:00	0.4	11:08	0.5	6:31	7:39	
28	Sun	5:06	3.5	5:37	4.3	11:03	0.4			6:32	7:37	
29	Mon	6:06	3.6	6:32	4.3	12:07	0.4	12:04	0.4	6:32	7:36	
30	Tue	7:00	3.8	7:21	4.3	1:01	0.3	1:02	0.3	6:33	7:34	
31	Wed	7:47	4.0	8:04	4.3	1:46	0.3	1:50	0.3	6:34	7:33	