

































## Virginia Beach (outer coast), VA - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:03	3.1	7:26	4.4	1:12	0.0	12:58	-0.1	5:48	8:27	
2	Tue	7:54	3.2	8:15	4.5	2:00	-0.2	1:49	-0.3	5:48	8:27	
3	Wed	8:44	3.4	9:04	4.6	2:46	-0.4	2:39	-0.4	5:49	8:26	
4	Thu	9:35	3.5	9:55	4.5	3:34	-0.5	3:31	-0.3	5:49	8:26	
5	Fri	10:29	3.6	10:47	4.4	4:25	-0.5	4:27	-0.3	5:50	8:26	
6	Sat	11:25	3.7	11:41	4.2	5:18	-0.4	5:28	-0.1	5:50	8:26	
7	Sun			12:21	3.7	6:12	-0.4	6:30	0.0	5:51	8:26	
8	Mon	12:34	3.9	1:18	3.8	7:05	-0.3	7:35	0.1	5:52	8:25	
9	Tue	1:30	3.6	2:23	3.8	8:00	-0.2	8:45	0.2	5:52	8:25	
10	Wed	2:35	3.3	3:30	3.9	8:56	-0.1	9:54	0.3	5:53	8:25	
11	Thu	3:45	3.1	4:31	4.0	9:52	0.0	10:58	0.3	5:53	8:24	
12	Fri	4:49	3.0	5:26	4.1	10:46	0.1	11:59	0.2	5:54	8:24	
13	Sat	5:47	3.0	6:18	4.1	11:40	0.1			5:55	8:24	
14	Sun	6:43	3.0	7:07	4.1	12:55	0.2	12:35	0.2	5:55	8:23	
15	Mon	7:32	3.0	7:51	4.1	1:43	0.1	1:24	0.2	5:56	8:23	
16	Tue	8:15	3.1	8:30	4.1	2:23	0.1	2:07	0.2	5:57	8:22	
17	Wed	8:55	3.2	9:07	4.0	2:58	0.1	2:45	0.3	5:57	8:22	
18	Thu	9:33	3.2	9:44	3.9	3:31	0.1	3:22	0.4	5:58	8:21	
19	Fri	10:13	3.2	10:21	3.7	4:06	0.1	4:02	0.5	5:59	8:21	
20	Sat	10:53	3.2	10:59	3.6	4:42	0.2	4:44	0.6	6:00	8:20	
21	Sun	11:32	3.2	11:37	3.4	5:20	0.3	5:30	0.7	6:00	8:19	
22	Mon			12:11	3.2	5:58	0.3	6:16	0.8	6:01	8:19	
23	Tue	12:15	3.3	12:51	3.3	6:37	0.4	7:05	0.9	6:02	8:18	
24	Wed	12:56	3.1	1:35	3.3	7:18	0.4	7:57	0.9	6:03	8:17	
25	Thu	1:42	2.9	2:26	3.5	8:03	0.5	8:55	0.8	6:03	8:17	
26	Fri	2:39	2.8	3:23	3.6	8:53	0.4	9:53	0.7	6:04	8:16	
27	Sat	3:41	2.8	4:19	3.9	9:46	0.4	10:50	0.5	6:05	8:15	
28	Sun	4:40	2.9	5:13	4.1	10:40	0.3	11:47	0.3	6:06	8:14	
29	Mon	5:38	3.1	6:08	4.3	11:36	0.1			6:07	8:13	
30	Tue	6:36	3.3	7:04	4.6	12:44	0.1	12:35	-0.1	6:07	8:12	
31	Wed	7:33	3.5	7:57	4.7	1:37	-0.2	1:31	-0.3	6:08	8:11	