

































## Virginia Beach (outer coast), VA - Aug 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:31	3.0	1:07	3.5	6:44	0.5	7:37	1.0	6:09	8:10	
2	Thu	1:14	2.8	1:54	3.5	7:27	0.7	8:32	1.0	6:10	8:09	
3	Fri	2:05	2.7	2:51	3.5	8:15	0.7	9:30	1.0	6:11	8:08	
4	Sat	3:08	2.6	3:51	3.6	9:08	0.8	10:25	0.9	6:12	8:07	
5	Sun	4:12	2.7	4:45	3.7	10:03	0.7	11:18	0.8	6:13	8:06	
6	Mon	5:08	2.8	5:36	3.9	10:57	0.6			6:14	8:05	
7	Tue	6:01	3.0	6:25	4.1	12:10	0.6	11:52 AM	0.5	6:14	8:04	
8	Wed	6:53	3.2	7:13	4.3	12:58	0.4	12:46	0.3	6:15	8:03	
9	Thu	7:40	3.5	7:57	4.4	1:40	0.1	1:38	0.1	6:16	8:02	
10	Fri	8:26	3.8	8:41	4.4	2:20	-0.1	2:26	0.0	6:17	8:01	
11	Sat	9:11	4.1	9:25	4.3	3:00	-0.2	3:15	-0.1	6:18	7:59	
12	Sun	9:59	4.3	10:12	4.2	3:42	-0.3	4:06	0.0	6:18	7:58	
13	Mon	10:49	4.4	11:01	4.0	4:28	-0.3	5:02	0.1	6:19	7:57	
14	Tue	11:40	4.5	11:52	3.7	5:17	-0.2	6:01	0.2	6:20	7:56	
15	Wed			12:33	4.5	6:08	-0.1	7:01	0.4	6:21	7:55	
16	Thu	12:45	3.5	1:31	4.4	7:03	0.1	8:07	0.5	6:22	7:53	
17	Fri	1:45	3.2	2:39	4.2	8:03	0.3	9:18	0.6	6:23	7:52	
18	Sat	3:00	3.1	3:53	4.2	9:10	0.4	10:26	0.6	6:23	7:51	
19	Sun	4:18	3.1	4:58	4.2	10:17	0.4	11:28	0.6	6:24	7:50	
20	Mon	5:24	3.3	5:56	4.2	11:21	0.4			6:25	7:48	
21	Tue	6:24	3.4	6:49	4.2	12:26	0.5	12:24	0.4	6:26	7:47	
22	Wed	7:16	3.6	7:35	4.2	1:16	0.4	1:19	0.4	6:27	7:46	
23	Thu	8:00	3.8	8:15	4.2	1:57	0.3	2:05	0.3	6:28	7:44	
24	Fri	8:40	3.9	8:51	4.1	2:31	0.2	2:44	0.4	6:28	7:43	
25	Sat	9:16	4.0	9:26	3.9	3:03	0.2	3:22	0.5	6:29	7:42	
26	Sun	9:52	4.0	10:01	3.8	3:33	0.3	3:59	0.6	6:30	7:40	
27	Mon	10:29	4.0	10:38	3.6	4:06	0.4	4:39	0.7	6:31	7:39	
28	Tue	11:06	3.9	11:17	3.4	4:41	0.5	5:22	0.9	6:32	7:37	
29	Wed	11:44	3.9	11:56	3.2	5:20	0.7	6:06	1.0	6:32	7:36	
30	Thu			12:24	3.8	6:00	0.8	6:53	1.1	6:33	7:35	
31	Fri	12:37	3.1	1:07	3.7	6:44	0.9	7:45	1.2	6:34	7:33	