


























Virginia Beach (outer coast), VA - Jul 2023

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