

































## Virginia Beach (outer coast), VA - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			12:32	3.5	6:13	0.4	6:45	0.9	6:09	8:10	
2	Tue	12:33	3.1	1:14	3.5	6:53	0.5	7:34	0.9	6:10	8:09	
3	Wed	1:17	3.0	2:02	3.5	7:37	0.6	8:28	0.9	6:11	8:08	
4	Thu	2:09	2.8	2:58	3.5	8:26	0.7	9:25	0.9	6:12	8:07	
5	Fri	3:10	2.8	3:56	3.7	9:20	0.6	10:20	0.8	6:13	8:06	
6	Sat	4:12	2.9	4:49	3.9	10:14	0.6	11:14	0.6	6:14	8:05	
7	Sun	5:08	3.0	5:41	4.1	11:08	0.4			6:14	8:04	
8	Mon	6:03	3.3	6:33	4.3	12:07	0.4	12:04	0.2	6:15	8:03	
9	Tue	6:57	3.5	7:23	4.5	12:59	0.1	1:00	0.0	6:16	8:02	
10	Wed	7:48	3.8	8:11	4.6	1:46	-0.1	1:53	-0.1	6:17	8:01	
11	Thu	8:37	4.1	8:58	4.6	2:31	-0.3	2:43	-0.2	6:18	7:59	
12	Fri	9:26	4.3	9:46	4.5	3:15	-0.4	3:34	-0.2	6:19	7:58	
13	Sat	10:18	4.4	10:37	4.4	4:02	-0.5	4:29	-0.1	6:19	7:57	
14	Sun	11:11	4.5	11:29	4.1	4:52	-0.4	5:28	0.0	6:20	7:56	
15	Mon			12:05	4.5	5:45	-0.3	6:30	0.2	6:21	7:55	
16	Tue	12:22	3.8	1:01	4.4	6:39	-0.1	7:33	0.4	6:22	7:53	
17	Wed	1:19	3.6	2:04	4.3	7:36	0.1	8:42	0.5	6:23	7:52	
18	Thu	2:26	3.4	3:16	4.2	8:39	0.3	9:52	0.6	6:23	7:51	
19	Fri	3:43	3.3	4:24	4.1	9:44	0.4	10:55	0.6	6:24	7:50	
20	Sat	4:50	3.3	5:23	4.1	10:46	0.4	11:54	0.5	6:25	7:48	
21	Sun	5:50	3.4	6:17	4.1	11:46	0.5			6:26	7:47	
22	Mon	6:43	3.5	7:05	4.1	12:47	0.4	12:42	0.4	6:27	7:46	
23	Tue	7:30	3.7	7:46	4.1	1:32	0.4	1:31	0.4	6:28	7:44	
24	Wed	8:11	3.8	8:22	4.1	2:09	0.3	2:11	0.4	6:28	7:43	
25	Thu	8:47	3.9	8:56	4.0	2:41	0.3	2:47	0.5	6:29	7:42	
26	Fri	9:23	3.9	9:30	3.9	3:10	0.3	3:22	0.5	6:30	7:40	
27	Sat	9:58	3.9	10:05	3.8	3:41	0.4	3:59	0.6	6:31	7:39	
28	Sun	10:35	3.9	10:42	3.6	4:14	0.5	4:39	0.8	6:32	7:37	
29	Mon	11:13	3.9	11:20	3.5	4:50	0.6	5:22	0.9	6:32	7:36	
30	Tue	11:51	3.8			5:30	0.7	6:07	1.0	6:33	7:35	
31	Wed	12:00	3.3	12:32	3.8	6:11	0.8	6:55	1.1	6:34	7:33	