
































## Virginia Beach (outer coast), VA - Jun 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:14	3.4	11:33	4.1	5:12	-0.4	5:13	0.0	5:45	8:18	
2	Fri			12:09	3.3	6:08	-0.2	6:14	0.2	5:45	8:18	
3	Sat	12:25	3.8	1:04	3.2	7:02	0.0	7:16	0.4	5:45	8:19	
4	Sun	1:18	3.5	2:05	3.1	7:55	0.2	8:21	0.6	5:45	8:19	
5	Mon	2:16	3.2	3:12	3.2	8:48	0.3	9:28	0.7	5:44	8:20	
6	Tue	3:21	3.0	4:10	3.2	9:37	0.4	10:26	0.7	5:44	8:21	
7	Wed	4:18	2.9	4:56	3.4	10:19	0.4	11:18	0.6	5:44	8:21	
8	Thu	5:06	2.8	5:38	3.5	10:59	0.4			5:44	8:22	
9	Fri	5:52	2.8	6:18	3.6	12:07	0.5	11:40 AM	0.4	5:44	8:22	
10	Sat	6:37	2.8	6:56	3.8	12:53	0.4	12:22	0.3	5:44	8:23	
11	Sun	7:20	2.9	7:33	3.9	1:31	0.3	1:03	0.3	5:44	8:23	
12	Mon	7:59	2.9	8:09	3.9	2:06	0.1	1:42	0.2	5:44	8:23	
13	Tue	8:36	2.9	8:45	4.0	2:39	0.1	2:20	0.2	5:44	8:24	
14	Wed	9:14	3.0	9:23	4.0	3:14	0.0	2:59	0.2	5:44	8:24	
15	Thu	9:54	3.0	10:03	3.9	3:52	0.0	3:40	0.2	5:44	8:25	
16	Fri	10:37	3.0	10:46	3.9	4:33	0.0	4:26	0.3	5:44	8:25	
17	Sat	11:22	3.1	11:31	3.8	5:18	0.0	5:17	0.3	5:44	8:25	
18	Sun			12:09	3.2	6:05	0.0	6:12	0.4	5:44	8:25	
19	Mon	12:18	3.7	12:59	3.3	6:53	0.0	7:10	0.4	5:44	8:26	
20	Tue	1:08	3.5	1:55	3.5	7:43	-0.1	8:12	0.3	5:45	8:26	
21	Wed	2:06	3.4	2:59	3.7	8:37	-0.1	9:19	0.2	5:45	8:26	
22	Thu	3:12	3.3	4:02	3.9	9:33	-0.2	10:23	0.1	5:45	8:26	
23	Fri	4:17	3.2	5:01	4.2	10:29	-0.3	11:26	-0.1	5:45	8:26	
24	Sat	5:20	3.3	5:58	4.5	11:25	-0.3			5:46	8:27	
25	Sun	6:22	3.3	6:55	4.6	12:30	-0.3	12:24	-0.4	5:46	8:27	
26	Mon	7:22	3.4	7:49	4.7	1:29	-0.4	1:21	-0.4	5:46	8:27	
27	Tue	8:17	3.4	8:40	4.7	2:21	-0.5	2:14	-0.4	5:47	8:27	
28	Wed	9:09	3.5	9:30	4.5	3:10	-0.5	3:05	-0.3	5:47	8:27	
29	Thu	10:01	3.5	10:20	4.3	3:59	-0.4	3:57	-0.2	5:48	8:27	
30	Fri	10:54	3.4	11:09	4.0	4:49	-0.3	4:52	0.1	5:48	8:27	