

Virginia Beach (outer coast), VA - Jul 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:32	2.9	7:54	4.2	1:45	0.0	1:23	0.0	5:48	8:27	
2	Thu	8:20	3.0	8:38	4.1	2:29	0.0	2:11	0.1	5:49	8:27	
3	Fri	9:04	3.1	9:19	4.0	3:09	0.0	2:55	0.2	5:49	8:26	
4	Sat	9:47	3.1	10:00	3.8	3:48	0.0	3:37	0.3	5:50	8:26	
5	Sun	10:31	3.1	10:40	3.7	4:27	0.1	4:21	0.4	5:50	8:26	
6	Mon	11:14	3.1	11:18	3.5	5:06	0.2	5:07	0.6	5:51	8:26	
7	Tue	11:55	3.1	11:56	3.3	5:44	0.2	5:55	0.7	5:52	8:26	
8	Wed			12:35	3.1	6:20	0.3	6:43	0.8	5:52	8:25	
9	Thu	12:34	3.1	1:15	3.2	6:57	0.4	7:33	0.9	5:53	8:25	
10	Fri	1:15	2.9	2:01	3.2	7:36	0.5	8:28	0.9	5:53	8:25	
11	Sat	2:04	2.7	2:53	3.4	8:19	0.5	9:25	0.9	5:54	8:24	
12	Sun	3:03	2.5	3:47	3.5	9:07	0.5	10:20	0.8	5:55	8:24	
13	Mon	4:03	2.5	4:38	3.7	9:57	0.5	11:15	0.6	5:55	8:24	
14	Tue	4:59	2.6	5:29	3.9	10:49	0.4			5:56	8:23	
15	Wed	5:54	2.7	6:22	4.1	12:10	0.5	11:44 AM	0.3	5:57	8:23	
16	Thu	6:50	2.9	7:14	4.3	1:04	0.2	12:40	0.1	5:57	8:22	
17	Fri	7:42	3.1	8:04	4.4	1:52	0.0	1:35	-0.1	5:58	8:22	
18	Sat	8:32	3.3	8:52	4.5	2:36	-0.2	2:26	-0.2	5:59	8:21	
19	Sun	9:22	3.5	9:40	4.5	3:20	-0.3	3:17	-0.2	6:00	8:20	
20	Mon	10:14	3.7	10:30	4.3	4:06	-0.4	4:12	-0.2	6:00	8:20	
21	Tue	11:07	3.9	11:20	4.1	4:55	-0.4	5:12	0.0	6:01	8:19	
22	Wed			12:00	4.0	5:44	-0.3	6:14	0.1	6:02	8:18	
23	Thu	12:10	3.8	12:54	4.1	6:34	-0.3	7:16	0.2	6:03	8:18	
24	Fri	1:02	3.4	1:52	4.1	7:24	-0.1	8:24	0.4	6:03	8:17	
25	Sat	2:01	3.1	2:58	4.1	8:19	0.0	9:34	0.5	6:04	8:16	
26	Sun	3:12	2.9	4:04	4.1	9:18	0.2	10:39	0.5	6:05	8:15	
27	Mon	4:24	2.8	5:04	4.1	10:18	0.3	11:42	0.5	6:06	8:15	
28	Tue	5:28	2.8	6:01	4.1	11:17	0.3			6:06	8:14	
29	Wed	6:27	2.9	6:55	4.1	12:42	0.4	12:18	0.4	6:07	8:13	
30	Thu	7:20	3.0	7:41	4.1	1:32	0.4	1:14	0.3	6:08	8:12	
31	Fri	8:06	3.2	8:22	4.0	2:13	0.3	2:00	0.3	6:09	8:11	