

Virginia Beach (outer coast), VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:46	3.3	8:58	4.0	2:48	0.2	2:39	0.4	6:10	8:10	
2	Sun	9:24	3.4	9:33	3.9	3:20	0.2	3:16	0.5	6:10	8:09	
3	Mon	10:02	3.4	10:07	3.7	3:51	0.2	3:54	0.6	6:11	8:08	
4	Tue	10:39	3.5	10:43	3.6	4:23	0.3	4:35	0.7	6:12	8:07	
5	Wed	11:16	3.5	11:20	3.4	4:57	0.4	5:19	0.8	6:13	8:06	
6	Thu	11:53	3.5	11:57	3.2	5:32	0.5	6:05	0.9	6:14	8:05	
7	Fri			12:30	3.6	6:09	0.5	6:51	1.0	6:15	8:04	
8	Sat	12:36	3.0	1:11	3.6	6:48	0.6	7:42	1.0	6:15	8:03	
9	Sun	1:19	2.8	1:59	3.6	7:32	0.7	8:40	1.0	6:16	8:02	
10	Mon	2:14	2.7	2:58	3.7	8:23	0.7	9:40	1.0	6:17	8:01	
11	Tue	3:19	2.7	4:00	3.8	9:21	0.7	10:39	0.9	6:18	7:59	
12	Wed	4:24	2.8	4:59	4.0	10:20	0.6	11:37	0.7	6:19	7:58	
13	Thu	5:25	3.0	5:56	4.3	11:19	0.4			6:20	7:57	
14	Fri	6:24	3.2	6:52	4.5	12:33	0.4	12:20	0.2	6:20	7:56	
15	Sat	7:20	3.6	7:43	4.7	1:25	0.1	1:19	0.0	6:21	7:55	
16	Sun	8:12	3.9	8:32	4.7	2:11	-0.1	2:13	-0.2	6:22	7:53	
17	Mon	9:02	4.2	9:20	4.6	2:54	-0.3	3:05	-0.2	6:23	7:52	
18	Tue	9:53	4.4	10:09	4.4	3:39	-0.4	4:00	-0.2	6:24	7:51	
19	Wed	10:45	4.6	11:00	4.1	4:25	-0.3	4:58	0.0	6:24	7:50	
20	Thu	11:38	4.6	11:51	3.8	5:15	-0.2	5:59	0.2	6:25	7:48	
21	Fri			12:31	4.5	6:05	0.0	7:01	0.4	6:26	7:47	
22	Sat	12:44	3.5	1:27	4.4	6:58	0.2	8:08	0.6	6:27	7:46	
23	Sun	1:42	3.2	2:34	4.2	7:56	0.4	9:19	0.8	6:28	7:44	
24	Mon	2:58	3.0	3:48	4.1	9:01	0.6	10:26	0.8	6:29	7:43	
25	Tue	4:16	3.0	4:52	4.0	10:08	0.7	11:27	0.8	6:29	7:42	
26	Wed	5:20	3.1	5:49	4.0	11:11	0.7			6:30	7:40	
27	Thu	6:16	3.2	6:39	4.0	12:23	0.8	12:11	0.7	6:31	7:39	
28	Fri	7:05	3.4	7:22	4.1	1:10	0.7	1:03	0.7	6:32	7:37	
29	Sat	7:46	3.5	7:59	4.1	1:48	0.6	1:46	0.6	6:33	7:36	
30	Sun	8:22	3.7	8:31	4.0	2:18	0.5	2:22	0.6	6:33	7:35	
31	Mon	8:55	3.8	9:03	3.9	2:45	0.4	2:55	0.7	6:34	7:33	