US HARBORS www.USHarbors.com

West Point, VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:43	2.3	9:17	3.0	3:21	0.5	3:05	0.4	6:11	8:15	
2	Sun	9:36	2.4	10:03	3.0	4:10	0.4	3:56	0.4	6:12	8:14	
3	Mon	10:23	2.5	10:45	3.1	4:56	0.4	4:45	0.4	6:13	8:13	
4	Tue	11:07	2.7	11:25	3.1	5:37	0.3	5:31	0.3	6:14	8:12	
5	Wed	11:47	2.8			6:14	0.3	6:13	0.3	6:14	8:11	
6	Thu	12:01	3.2	12:24	2.9	6:46	0.2	6:52	0.3	6:15	8:10	
7	Fri	12:36	3.1	12:59	3.0	7:17	0.2	7:29	0.3	6:16	8:09	
8	Sat	1:10	3.1	1:33	3.0	7:47	0.2	8:05	0.3	6:17	8:08	
9	Sun	1:44	3.0	2:08	3.1	8:17	0.2	8:44	0.4	6:18	8:06	
10	Mon	2:20	2.9	2:45	3.1	8:50	0.2	9:27	0.4	6:19	8:05	
11	Tue	3:00	2.8	3:26	3.2	9:28	0.2	10:16	0.5	6:20	8:04	
12	Wed	3:43	2.7	4:11	3.2	10:12	0.3	11:10	0.5	6:20	8:03	
13	Thu	4:31	2.6	5:01	3.2	11:02	0.3			6:21	8:02	
14	Fri	5:25	2.6	5:59	3.2	12:12	0.5	12:00	0.3	6:22	8:00	
15	Sat	6:30	2.5	7:09	3.3	1:20	0.5	1:05	0.3	6:23	7:59	
16	Sun	7:44	2.6	8:21	3.4	2:28	0.5	2:15	0.3	6:24	7:58	
17	Mon	8:53	2.7	9:26	3.6	3:31	0.4	3:23	0.2	6:25	7:57	
18	Tue	9:56	3.0	10:25	3.7	4:29	0.2	4:27	0.1	6:25	7:55	
19	Wed	10:54	3.2	11:20	3.7	5:23	0.1	5:29	0.0	6:26	7:54	
20	Thu	11:49	3.5			6:12	0.0	6:26	-0.1	6:27	7:53	
21	Fri	12:11	3.7	12:40	3.6	6:58	-0.1	7:19	0.0	6:28	7:51	
22	Sat	12:59	3.6	1:29	3.7	7:41	-0.1	8:11	0.0	6:29	7:50	
23	Sun	1:46	3.4	2:18	3.7	8:25	0.0	9:03	0.2	6:30	7:49	
24	Mon	2:33	3.2	3:08	3.6	9:09	0.1	9:59	0.3	6:31	7:47	
25	Tue	3:21	3.0	3:58	3.5	9:57	0.3	10:56	0.5	6:31	7:46	
26	Wed	4:10	2.8	4:48	3.3	10:47	0.4	11:54	0.6	6:32	7:45	
27	Thu	5:01	2.6	5:41	3.2	11:40	0.5			6:33	7:43	
28	Fri	5:57	2.5	6:43	3.0	12:54	0.7	12:37	0.6	6:34	7:42	
29	Sat	7:05	2.5	7:50	3.0	1:54	0.7	1:39	0.7	6:35	7:40	
30	Sun	8:13	2.5	8:46	3.0	2:49	0.7	2:38	0.7	6:36	7:39	
31	Mon	9:09	2.6	9:33	3.1	3:37	0.6	3:31	0.6	6:36	7:37	