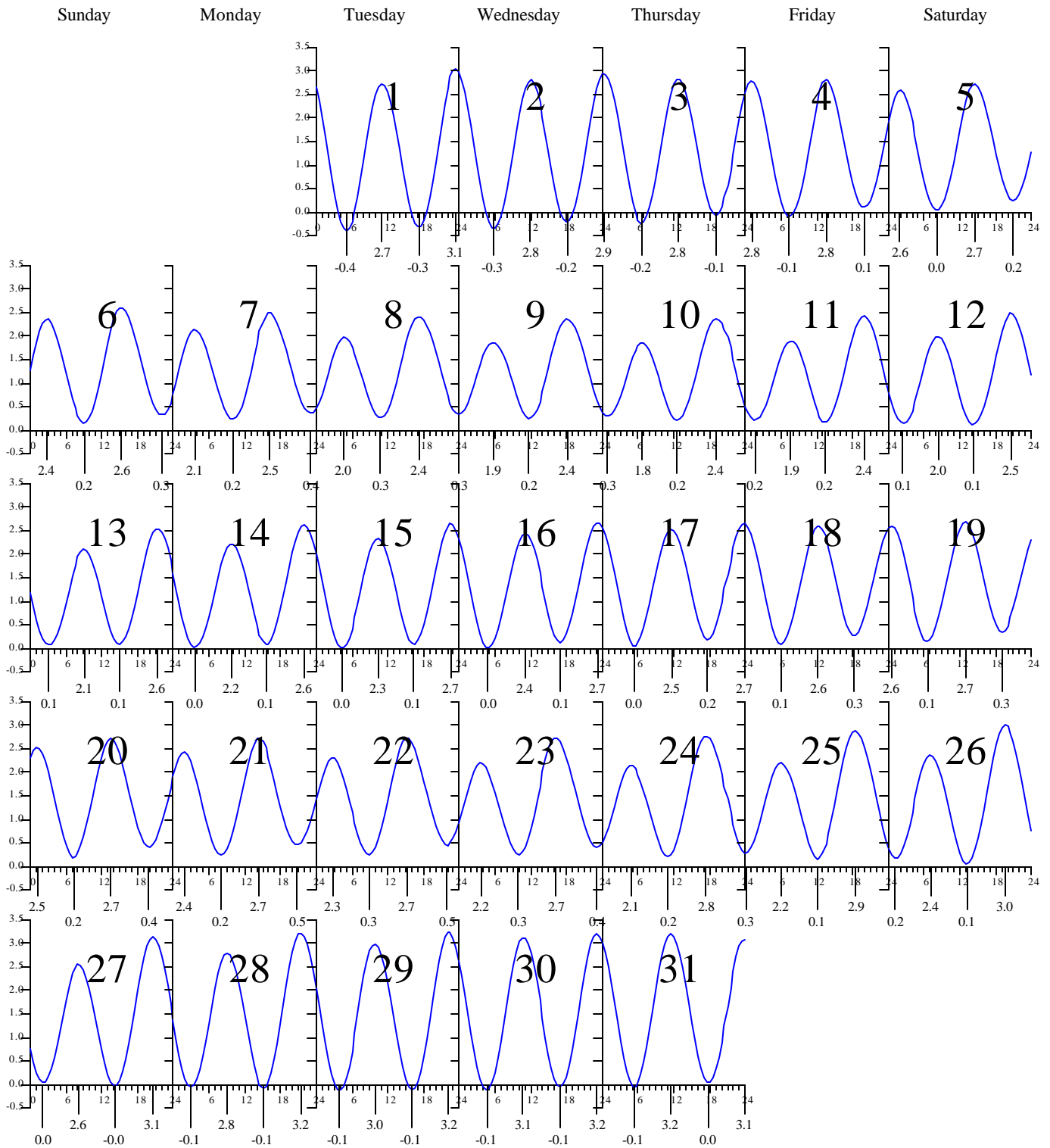


# GLOUCESTER POINT, Virginia — Aug 2000

EASTERN DAYLIGHT TIME.



Heights are in FEET above MEAN LOW WATER.  
0000 or 2400 is midnight, 1200 is noon.