
































Newport News, VA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:57	3.3	8:16	2.8	1:33	0.3	2:26	0.3	6:30	5:08	
2	Mon	8:38	3.4	8:59	2.8	2:15	0.2	3:10	0.2	6:31	5:07	
3	Tue	9:20	3.5	9:43	2.8	2:57	0.1	3:53	0.2	6:32	5:06	
4	Wed	10:04	3.5	10:28	2.8	3:40	0.1	4:37	0.2	6:33	5:05	
5	Thu	10:51	3.5	11:17	2.7	4:25	0.1	5:25	0.2	6:34	5:04	
6	Fri	11:42	3.4			5:13	0.1	6:19	0.3	6:35	5:03	
7	Sat	12:11	2.7	12:37	3.3	6:09	0.2	7:18	0.3	6:36	5:02	
8	Sun	1:10	2.6	1:35	3.2	7:14	0.3	8:19	0.3	6:37	5:01	
9	Mon	2:12	2.7	2:36	3.0	8:24	0.3	9:19	0.3	6:38	5:00	
10	Tue	3:19	2.7	3:42	2.9	9:36	0.3	10:18	0.3	6:39	4:59	
11	Wed	4:31	2.8	4:51	2.8	10:48	0.3	11:14	0.2	6:40	4:59	
12	Thu	5:38	3.0	5:54	2.7	11:53	0.3			6:41	4:58	
13	Fri	6:34	3.2	6:48	2.7	12:06	0.1	12:51	0.2	6:42	4:57	
14	Sat	7:24	3.3	7:38	2.7	12:54	0.1	1:46	0.1	6:43	4:56	
15	Sun	8:11	3.4	8:25	2.7	1:42	0.0	2:36	0.1	6:44	4:56	
16	Mon	8:56	3.4	9:09	2.6	2:28	0.0	3:22	0.1	6:45	4:55	
17	Tue	9:37	3.3	9:51	2.6	3:11	0.0	4:04	0.1	6:46	4:54	
18	Wed	10:16	3.2	10:32	2.5	3:51	0.1	4:43	0.2	6:47	4:54	
19	Thu	10:55	3.1	11:14	2.4	4:30	0.2	5:23	0.2	6:48	4:53	
20	Fri	11:35	2.9	11:57	2.3	5:08	0.3	6:04	0.3	6:49	4:53	
21	Sat			12:16	2.8	5:49	0.3	6:47	0.4	6:50	4:52	
22	Sun	12:42	2.3	12:59	2.7	6:36	0.4	7:31	0.4	6:51	4:52	
23	Mon	1:29	2.2	1:43	2.5	7:28	0.5	8:14	0.4	6:52	4:51	
24	Tue	2:15	2.2	2:29	2.4	8:24	0.5	8:59	0.4	6:53	4:51	
25	Wed	3:05	2.3	3:20	2.3	9:24	0.6	9:45	0.4	6:54	4:50	
26	Thu	4:00	2.3	4:16	2.2	10:26	0.5	10:32	0.3	6:55	4:50	
27	Fri	4:57	2.5	5:14	2.2	11:24	0.4	11:20	0.2	6:56	4:50	
28	Sat	5:49	2.7	6:07	2.3			12:17	0.3	6:57	4:49	
29	Sun	6:37	2.8	6:57	2.3	12:07	0.1	1:08	0.2	6:58	4:49	
30	Mon	7:24	3.0	7:45	2.4	12:54	0.0	1:59	0.1	6:59	4:49	