

Norfolk, VA - Nov 2009

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