

Virginia Beach (outer coast), VA - Nov 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:10	3.6	5:52	1.3	7:03	1.1	6:27	5:07	
2	Sun	12:53	2.9	1:06	3.5	6:49	1.3	7:57	1.1	6:28	5:06	
3	Mon	2:03	3.0	2:09	3.4	7:52	1.3	8:43	1.0	6:29	5:05	
4	Tue	3:03	3.2	3:05	3.4	8:52	1.2	9:24	0.8	6:30	5:04	
5	Wed	3:49	3.5	3:52	3.5	9:45	1.0	10:04	0.7	6:31	5:03	
6	Thu	4:31	3.8	4:37	3.5	10:37	0.8	10:45	0.5	6:32	5:02	
7	Fri	5:12	4.1	5:23	3.5	11:28	0.6	11:28	0.3	6:33	5:01	
8	Sat	5:55	4.4	6:09	3.6			12:17	0.3	6:34	5:00	
9	Sun	6:37	4.7	6:54	3.6	12:11	0.1	1:02	0.2	6:36	4:59	
10	Mon	7:21	4.8	7:39	3.6	12:54	0.0	1:47	0.1	6:37	4:58	
11	Tue	8:06	4.9	8:26	3.5	1:38	0.0	2:34	0.1	6:38	4:57	
12	Wed	8:56	4.8	9:18	3.4	2:24	0.0	3:26	0.1	6:39	4:57	
13	Thu	9:49	4.7	10:15	3.4	3:16	0.1	4:24	0.2	6:40	4:56	
14	Fri	10:46	4.5	11:14	3.3	4:16	0.3	5:24	0.3	6:41	4:55	
15	Sat	11:43	4.2			5:21	0.4	6:24	0.4	6:42	4:54	
16	Sun	12:19	3.3	12:47	4.0	6:31	0.6	7:27	0.4	6:43	4:54	
17	Mon	1:35	3.4	1:58	3.8	7:46	0.6	8:27	0.3	6:44	4:53	
18	Tue	2:51	3.6	3:06	3.6	9:00	0.6	9:20	0.2	6:45	4:52	
19	Wed	3:50	3.9	4:04	3.5	10:05	0.5	10:09	0.2	6:46	4:52	
20	Thu	4:42	4.1	4:56	3.4	11:06	0.4	10:56	0.1	6:47	4:51	
21	Fri	5:30	4.3	5:46	3.3			12:01	0.3	6:48	4:51	
22	Sat	6:15	4.4	6:31	3.3			12:48	0.2	6:49	4:50	
23	Sun	6:55	4.4	7:12	3.2	12:25	0.1	1:28	0.2	6:50	4:50	
24	Mon	7:32	4.3	7:51	3.2	1:03	0.2	2:04	0.2	6:51	4:49	
25	Tue	8:09	4.2	8:30	3.1	1:40	0.2	2:40	0.3	6:52	4:49	
26	Wed	8:47	4.0	9:11	3.0	2:17	0.4	3:18	0.4	6:53	4:49	
27	Thu	9:27	3.9	9:55	2.9	2:56	0.5	4:01	0.5	6:54	4:48	
28	Fri	10:08	3.7	10:39	2.8	3:39	0.7	4:45	0.6	6:55	4:48	
29	Sat	10:49	3.5	11:24	2.8	4:26	0.8	5:28	0.7	6:56	4:48	
30	Sun	11:30	3.4			5:16	0.9	6:12	0.7	6:57	4:48	