

Virginia Beach (outer coast), VA - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:05	3.0	1:07	2.6	7:26	0.6	7:32	0.1	7:16	4:58	
2	Fri	2:04	3.2	2:10	2.5	8:28	0.5	8:26	0.0	7:16	4:58	
3	Sat	3:03	3.4	3:14	2.5	9:29	0.3	9:21	-0.1	7:17	4:59	
4	Sun	3:59	3.7	4:14	2.6	10:29	0.1	10:17	-0.3	7:17	5:00	
5	Mon	4:56	4.0	5:14	2.7	11:29	-0.2	11:16	-0.5	7:17	5:01	
6	Tue	5:53	4.2	6:13	2.9			12:26	-0.4	7:17	5:02	
7	Wed	6:48	4.4	7:08	3.1	12:15	-0.7	1:17	-0.6	7:17	5:03	
8	Thu	7:39	4.5	8:01	3.3	1:10	-0.9	2:06	-0.8	7:17	5:04	
9	Fri	8:30	4.4	8:56	3.4	2:03	-0.9	2:55	-0.8	7:17	5:05	
10	Sat	9:22	4.3	9:52	3.5	2:58	-0.8	3:46	-0.8	7:16	5:05	
11	Sun	10:14	4.0	10:47	3.5	3:57	-0.6	4:38	-0.7	7:16	5:06	
12	Mon	11:04	3.6	11:42	3.5	4:59	-0.4	5:28	-0.6	7:16	5:07	
13	Tue	11:55	3.2			6:02	-0.1	6:19	-0.4	7:16	5:08	
14	Wed	12:40	3.4	12:51	2.8	7:10	0.1	7:12	-0.3	7:16	5:09	
15	Thu	1:47	3.4	1:59	2.5	8:21	0.2	8:08	-0.1	7:15	5:10	
16	Fri	2:55	3.3	3:09	2.4	9:28	0.3	9:04	0.0	7:15	5:11	
17	Sat	3:54	3.3	4:09	2.3	10:29	0.3	9:59	0.1	7:15	5:12	
18	Sun	4:47	3.3	5:03	2.3	11:26	0.2	10:53	0.1	7:14	5:13	
19	Mon	5:37	3.4	5:53	2.4			12:16	0.2	7:14	5:14	
20	Tue	6:20	3.4	6:36	2.5			12:55	0.1	7:13	5:16	
21	Wed	6:58	3.4	7:14	2.6	12:27	-0.1	1:28	0.0	7:13	5:17	
22	Thu	7:32	3.5	7:50	2.7	1:05	-0.1	1:57	-0.1	7:12	5:18	
23	Fri	8:04	3.5	8:25	2.8	1:39	-0.1	2:25	-0.1	7:12	5:19	
24	Sat	8:36	3.4	9:01	2.8	2:14	-0.1	2:55	-0.2	7:11	5:20	
25	Sun	9:09	3.3	9:38	2.9	2:50	0.0	3:27	-0.1	7:11	5:21	
26	Mon	9:44	3.1	10:15	2.9	3:31	0.1	4:02	-0.1	7:10	5:22	
27	Tue	10:20	3.0	10:53	3.0	4:15	0.2	4:38	-0.1	7:09	5:23	
28	Wed	10:58	2.8	11:34	3.1	5:03	0.3	5:17	0.0	7:09	5:24	
29	Thu	11:39	2.6			5:53	0.3	6:00	0.0	7:08	5:25	
30	Fri	12:21	3.1	12:28	2.5	6:49	0.3	6:50	0.0	7:07	5:26	
31	Sat	1:19	3.2	1:30	2.3	7:54	0.3	7:50	-0.1	7:06	5:27	