

Virginia Beach (outer coast), VA - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:14	4.2	7:34	3.2	12:48	-0.5	1:39	-0.5	7:16	4:57	
2	Fri	7:57	4.1	8:18	3.2	1:34	-0.5	2:20	-0.4	7:16	4:58	
3	Sat	8:38	3.9	9:02	3.2	2:16	-0.4	3:00	-0.4	7:16	4:59	
4	Sun	9:19	3.7	9:46	3.1	2:59	-0.2	3:40	-0.3	7:17	5:00	
5	Mon	9:59	3.5	10:29	3.0	3:44	0.0	4:21	-0.2	7:17	5:01	
6	Tue	10:38	3.2	11:10	2.9	4:31	0.2	5:01	0.0	7:17	5:01	
7	Wed	11:17	3.0	11:53	2.9	5:18	0.4	5:40	0.1	7:17	5:02	
8	Thu	11:58	2.8			6:06	0.5	6:22	0.1	7:17	5:03	
9	Fri	12:39	2.8	12:45	2.5	6:59	0.6	7:07	0.2	7:17	5:04	
10	Sat	1:35	2.9	1:42	2.4	7:58	0.6	7:57	0.2	7:16	5:05	
11	Sun	2:35	2.9	2:44	2.4	8:56	0.6	8:48	0.2	7:16	5:06	
12	Mon	3:29	3.1	3:41	2.4	9:50	0.4	9:38	0.1	7:16	5:07	
13	Tue	4:18	3.3	4:33	2.5	10:43	0.3	10:29	-0.1	7:16	5:08	
14	Wed	5:07	3.5	5:24	2.7	11:35	0.0	11:21	-0.3	7:16	5:09	
15	Thu	5:54	3.7	6:14	2.9			12:22	-0.2	7:15	5:10	
16	Fri	6:39	3.9	7:00	3.1	12:12	-0.5	1:04	-0.4	7:15	5:11	
17	Sat	7:23	4.1	7:45	3.3	12:59	-0.7	1:45	-0.6	7:15	5:12	
18	Sun	8:06	4.1	8:32	3.4	1:46	-0.7	2:28	-0.8	7:14	5:13	
19	Mon	8:52	4.0	9:22	3.5	2:34	-0.7	3:13	-0.8	7:14	5:14	
20	Tue	9:40	3.9	10:14	3.6	3:26	-0.7	4:02	-0.8	7:14	5:15	
21	Wed	10:29	3.6	11:06	3.6	4:23	-0.5	4:53	-0.7	7:13	5:16	
22	Thu	11:20	3.4			5:22	-0.4	5:45	-0.6	7:13	5:17	
23	Fri	12:02	3.6	12:14	3.1	6:25	-0.2	6:41	-0.5	7:12	5:18	
24	Sat	1:05	3.5	1:18	2.8	7:33	-0.1	7:43	-0.4	7:12	5:19	
25	Sun	2:18	3.5	2:34	2.7	8:45	0.0	8:47	-0.3	7:11	5:20	
26	Mon	3:28	3.6	3:45	2.7	9:52	0.0	9:50	-0.3	7:10	5:21	
27	Tue	4:30	3.6	4:49	2.7	10:56	-0.1	10:51	-0.4	7:10	5:22	
28	Wed	5:26	3.7	5:46	2.9	11:54	-0.2	11:50	-0.4	7:09	5:24	
29	Thu	6:17	3.7	6:36	3.0			12:43	-0.3	7:08	5:25	
30	Fri	7:01	3.7	7:19	3.1	12:40	-0.5	1:22	-0.4	7:08	5:26	
31	Sat	7:40	3.7	7:58	3.2	1:22	-0.5	1:57	-0.4	7:07	5:27	