

Virginia Beach (outer coast), VA - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:35	3.6	3:15	4.2	8:47	0.8	9:46	0.8	6:59	6:47	
2	Sat	3:55	3.6	4:22	4.1	9:58	0.8	10:43	0.7	7:00	6:45	
3	Sun	4:57	3.7	5:18	4.0	11:01	0.8	11:34	0.7	7:01	6:44	
4	Mon	5:50	3.9	6:07	4.0	11:59	0.8			7:02	6:42	
5	Tue	6:36	4.1	6:51	4.0	12:21	0.6	12:51	0.7	7:02	6:41	
6	Wed	7:17	4.2	7:30	4.0	1:02	0.6	1:34	0.7	7:03	6:40	
7	Thu	7:53	4.3	8:05	3.9	1:36	0.5	2:10	0.6	7:04	6:38	
8	Fri	8:26	4.4	8:39	3.9	2:07	0.5	2:42	0.6	7:05	6:37	
9	Sat	8:58	4.4	9:13	3.8	2:37	0.5	3:14	0.7	7:06	6:35	
10	Sun	9:31	4.3	9:48	3.7	3:08	0.6	3:48	0.7	7:07	6:34	
11	Mon	10:07	4.3	10:27	3.5	3:42	0.7	4:26	0.8	7:08	6:32	
12	Tue	10:45	4.2	11:07	3.4	4:20	0.8	5:09	0.9	7:09	6:31	
13	Wed	11:26	4.1	11:49	3.3	5:02	1.0	5:54	1.0	7:09	6:30	
14	Thu			12:08	4.0	5:49	1.1	6:42	1.1	7:10	6:28	
15	Fri	12:34	3.2	12:54	3.9	6:39	1.1	7:33	1.1	7:11	6:27	
16	Sat	1:25	3.2	1:47	3.9	7:35	1.1	8:28	1.0	7:12	6:26	
17	Sun	2:27	3.3	2:49	3.9	8:36	1.1	9:24	0.8	7:13	6:24	
18	Mon	3:33	3.6	3:52	4.0	9:40	0.9	10:17	0.6	7:14	6:23	
19	Tue	4:32	3.9	4:50	4.1	10:40	0.7	11:09	0.3	7:15	6:22	
20	Wed	5:27	4.3	5:45	4.2	11:39	0.4			7:16	6:20	
21	Thu	6:21	4.7	6:40	4.3	12:01	0.1	12:38	0.1	7:17	6:19	
22	Fri	7:13	5.0	7:33	4.4	12:52	-0.1	1:34	-0.1	7:18	6:18	
23	Sat	8:04	5.3	8:25	4.4	1:43	-0.3	2:26	-0.2	7:19	6:17	
24	Sun	8:54	5.3	9:16	4.3	2:31	-0.4	3:17	-0.2	7:20	6:15	
25	Mon	9:46	5.3	10:10	4.1	3:20	-0.3	4:11	-0.1	7:21	6:14	
26	Tue	10:41	5.1	11:07	4.0	4:13	-0.1	5:09	0.1	7:22	6:13	
27	Wed	11:37	4.8			5:12	0.2	6:10	0.3	7:23	6:12	
28	Thu	12:05	3.8	12:34	4.5	6:14	0.4	7:11	0.4	7:24	6:11	
29	Fri	1:06	3.6	1:35	4.2	7:20	0.6	8:15	0.6	7:25	6:10	
30	Sat	2:18	3.6	2:45	3.9	8:32	0.8	9:17	0.6	7:26	6:08	
31	Sun	2:35	3.6	2:53	3.7	8:43	0.9	9:12	0.6	6:27	5:07	