

Virginia Beach (outer coast), VA - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:36	3.7	3:49	3.6	9:45	0.9	9:59	0.6	6:28	5:06	
2	Tue	4:25	3.8	4:36	3.6	10:40	0.8	10:42	0.6	6:29	5:05	
3	Wed	5:09	4.0	5:20	3.5	11:30	0.8	11:22	0.6	6:30	5:04	
4	Thu	5:49	4.1	6:01	3.5			12:13	0.7	6:31	5:03	
5	Fri	6:24	4.2	6:38	3.5			12:49	0.6	6:32	5:02	
6	Sat	6:58	4.2	7:13	3.5	12:32	0.5	1:21	0.5	6:33	5:01	
7	Sun	7:30	4.3	7:48	3.5	1:05	0.4	1:52	0.5	6:34	5:01	
8	Mon	8:03	4.2	8:23	3.4	1:38	0.5	2:25	0.5	6:35	5:00	
9	Tue	8:38	4.2	9:01	3.3	2:13	0.5	3:01	0.6	6:36	4:59	
10	Wed	9:16	4.1	9:42	3.2	2:51	0.6	3:42	0.6	6:37	4:58	
11	Thu	9:57	4.0	10:25	3.2	3:33	0.7	4:26	0.7	6:38	4:57	
12	Fri	10:39	3.9	11:10	3.2	4:20	0.8	5:13	0.7	6:39	4:56	
13	Sat	11:24	3.8			5:12	0.8	6:01	0.6	6:40	4:56	
14	Sun	12:00	3.2	12:14	3.7	6:08	0.8	6:52	0.5	6:41	4:55	
15	Mon	12:57	3.4	1:11	3.7	7:10	0.8	7:47	0.4	6:42	4:54	
16	Tue	2:02	3.6	2:16	3.6	8:15	0.6	8:42	0.2	6:43	4:53	
17	Wed	3:05	3.9	3:19	3.7	9:19	0.4	9:36	0.0	6:44	4:53	
18	Thu	4:02	4.3	4:18	3.8	10:20	0.2	10:30	-0.2	6:45	4:52	
19	Fri	4:58	4.6	5:16	3.8	11:21	-0.1	11:26	-0.4	6:46	4:52	
20	Sat	5:53	4.9	6:14	3.9			12:19	-0.3	6:47	4:51	
21	Sun	6:46	5.1	7:08	3.9	12:20	-0.5	1:12	-0.5	6:48	4:51	
22	Mon	7:38	5.1	8:01	3.9	1:12	-0.6	2:04	-0.5	6:49	4:50	
23	Tue	8:30	5.0	8:55	3.8	2:03	-0.5	2:56	-0.4	6:50	4:50	
24	Wed	9:23	4.8	9:51	3.7	2:56	-0.3	3:51	-0.2	6:51	4:49	
25	Thu	10:17	4.5	10:48	3.6	3:53	-0.1	4:48	-0.1	6:52	4:49	
26	Fri	11:10	4.1	11:45	3.5	4:55	0.2	5:44	0.1	6:53	4:49	
27	Sat			12:03	3.8	5:58	0.4	6:40	0.2	6:54	4:48	
28	Sun	12:47	3.4	1:01	3.4	7:04	0.6	7:36	0.3	6:55	4:48	
29	Mon	1:58	3.3	2:07	3.2	8:14	0.7	8:28	0.4	6:56	4:48	
30	Tue	3:01	3.4	3:07	3.0	9:16	0.7	9:15	0.4	6:57	4:47	