

Virginia Beach (outer coast), VA - Dec 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:51	3.5	3:58	3.0	10:10	0.7	9:56	0.4	6:58	4:47	
2	Thu	4:35	3.6	4:43	3.0	11:00	0.6	10:37	0.4	6:59	4:47	
3	Fri	5:16	3.7	5:27	3.0	11:46	0.5	11:19	0.3	7:00	4:47	
4	Sat	5:54	3.8	6:09	3.0			12:25	0.4	7:01	4:47	
5	Sun	6:31	3.9	6:48	3.0			12:59	0.3	7:02	4:47	
6	Mon	7:06	4.0	7:24	3.1	12:37	0.2	1:31	0.2	7:02	4:47	
7	Tue	7:40	4.0	8:01	3.1	1:13	0.1	2:04	0.1	7:03	4:47	
8	Wed	8:15	4.0	8:38	3.0	1:50	0.1	2:39	0.1	7:04	4:47	
9	Thu	8:52	3.9	9:19	3.0	2:28	0.2	3:18	0.1	7:05	4:47	
10	Fri	9:32	3.8	10:03	3.1	3:11	0.2	4:00	0.1	7:06	4:47	
11	Sat	10:15	3.7	10:49	3.1	3:59	0.3	4:45	0.1	7:06	4:47	
12	Sun	10:59	3.6	11:37	3.2	4:51	0.4	5:32	0.1	7:07	4:48	
13	Mon	11:47	3.5			5:47	0.4	6:21	0.0	7:08	4:48	
14	Tue	12:31	3.3	12:41	3.3	6:48	0.4	7:15	-0.1	7:09	4:48	
15	Wed	1:33	3.5	1:45	3.2	7:54	0.3	8:12	-0.2	7:09	4:48	
16	Thu	2:40	3.8	2:52	3.2	9:00	0.1	9:09	-0.3	7:10	4:49	
17	Fri	3:41	4.0	3:56	3.2	10:03	0.0	10:07	-0.5	7:10	4:49	
18	Sat	4:40	4.3	4:58	3.3	11:06	-0.3	11:05	-0.6	7:11	4:49	
19	Sun	5:38	4.5	5:58	3.4			12:07	-0.5	7:12	4:50	
20	Mon	6:33	4.6	6:55	3.5	12:04	-0.7	1:01	-0.6	7:12	4:50	
21	Tue	7:25	4.6	7:47	3.5	12:58	-0.8	1:50	-0.7	7:13	4:51	
22	Wed	8:15	4.5	8:39	3.5	1:49	-0.8	2:39	-0.7	7:13	4:51	
23	Thu	9:04	4.3	9:32	3.5	2:40	-0.6	3:29	-0.6	7:14	4:52	
24	Fri	9:54	4.0	10:25	3.4	3:34	-0.4	4:20	-0.4	7:14	4:52	
25	Sat	10:42	3.7	11:16	3.3	4:30	-0.1	5:09	-0.2	7:14	4:53	
26	Sun	11:27	3.4			5:27	0.2	5:56	-0.1	7:15	4:54	
27	Mon	12:06	3.1	12:14	3.0	6:25	0.4	6:44	0.1	7:15	4:54	
28	Tue	1:03	3.0	1:07	2.7	7:27	0.5	7:32	0.2	7:15	4:55	
29	Wed	2:07	3.0	2:10	2.6	8:31	0.6	8:21	0.2	7:16	4:56	
30	Thu	3:05	3.1	3:10	2.5	9:28	0.6	9:08	0.2	7:16	4:56	
31	Fri	3:54	3.2	4:02	2.5	10:19	0.5			7:16	4:57	