

Virginia Beach (outer coast), VA - Jan 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:40	3.3	4:51	2.6	11:08	0.4	10:41	0.1	7:16	4:58	
2	Sun	5:22	3.4	5:37	2.6	11:53	0.2	11:26	0.0	7:16	4:59	
3	Mon	6:03	3.6	6:20	2.7			12:32	0.1	7:17	5:00	
4	Tue	6:41	3.7	6:59	2.8	12:10	-0.1	1:06	-0.1	7:17	5:00	
5	Wed	7:18	3.8	7:37	2.9	12:51	-0.2	1:40	-0.2	7:17	5:01	
6	Thu	7:54	3.8	8:16	3.0	1:30	-0.3	2:15	-0.3	7:17	5:02	
7	Fri	8:31	3.8	8:57	3.1	2:10	-0.3	2:53	-0.3	7:17	5:03	
8	Sat	9:11	3.7	9:41	3.1	2:53	-0.3	3:34	-0.4	7:17	5:04	
9	Sun	9:54	3.6	10:28	3.2	3:41	-0.2	4:19	-0.4	7:17	5:05	
10	Mon	10:40	3.5	11:16	3.3	4:34	-0.1	5:06	-0.4	7:16	5:06	
11	Tue	11:27	3.3			5:30	-0.1	5:56	-0.4	7:16	5:07	
12	Wed	12:09	3.4	12:20	3.1	6:29	0.0	6:50	-0.4	7:16	5:08	
13	Thu	1:10	3.4	1:22	2.9	7:35	0.0	7:49	-0.4	7:16	5:09	
14	Fri	2:19	3.6	2:34	2.8	8:44	0.0	8:51	-0.5	7:16	5:10	
15	Sat	3:26	3.7	3:43	2.9	9:50	-0.2	9:52	-0.6	7:15	5:11	
16	Sun	4:29	3.9	4:48	3.0	10:55	-0.3	10:54	-0.7	7:15	5:12	
17	Mon	5:29	4.1	5:50	3.1	11:57	-0.5	11:55	-0.8	7:15	5:13	
18	Tue	6:24	4.2	6:46	3.3			12:50	-0.7	7:14	5:14	
19	Wed	7:14	4.2	7:36	3.4	12:50	-0.8	1:37	-0.8	7:14	5:15	
20	Thu	8:01	4.1	8:23	3.4	1:39	-0.8	2:21	-0.8	7:13	5:16	
21	Fri	8:45	4.0	9:10	3.4	2:26	-0.7	3:04	-0.7	7:13	5:17	
22	Sat	9:29	3.7	9:57	3.3	3:14	-0.5	3:48	-0.6	7:12	5:18	
23	Sun	10:12	3.4	10:42	3.2	4:03	-0.3	4:31	-0.4	7:12	5:19	
24	Mon	10:53	3.1	11:25	3.1	4:53	0.0	5:13	-0.2	7:11	5:20	
25	Tue	11:34	2.9			5:42	0.2	5:55	-0.1	7:11	5:21	
26	Wed	12:10	2.9	12:17	2.6	6:33	0.4	6:39	0.1	7:10	5:22	
27	Thu	1:01	2.9	1:09	2.4	7:30	0.5	7:28	0.2	7:09	5:23	
28	Fri	2:03	2.8	2:14	2.3	8:31	0.5	8:20	0.2	7:08	5:24	
29	Sat	3:04	2.9	3:17	2.3	9:27	0.5	9:12	0.2	7:08	5:25	
30	Sun	3:57	3.0	4:11	2.4	10:20	0.4	10:02	0.1	7:07	5:27	
31	Mon	4:45	3.2	5:01	2.5	11:10	0.2	10:53	0.0	7:06	5:28	