

Virginia Beach (outer coast), VA - Jan 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:48	3.1			5:51	0.3	6:20	-0.1	7:16	4:58	
2	Mon	12:31	3.1	12:40	3.0	6:49	0.3	7:12	-0.1	7:16	4:59	
3	Tue	1:31	3.3	1:42	2.9	7:53	0.2	8:08	-0.2	7:17	4:59	
4	Wed	2:36	3.5	2:49	2.9	8:57	0.1	9:06	-0.4	7:17	5:00	
5	Thu	3:37	3.8	3:53	3.0	10:00	-0.1	10:04	-0.6	7:17	5:01	
6	Fri	4:36	4.1	4:55	3.1	11:02	-0.4	11:04	-0.7	7:17	5:02	
7	Sat	5:35	4.3	5:56	3.3			12:03	-0.6	7:17	5:03	
8	Sun	6:32	4.5	6:54	3.4	12:03	-0.9	12:58	-0.9	7:17	5:04	
9	Mon	7:24	4.6	7:48	3.6	12:59	-1.0	1:48	-1.0	7:17	5:05	
10	Tue	8:15	4.5	8:41	3.6	1:51	-1.0	2:38	-1.0	7:16	5:06	
11	Wed	9:06	4.3	9:35	3.6	2:44	-0.9	3:29	-0.9	7:16	5:06	
12	Thu	9:58	4.0	10:30	3.5	3:41	-0.7	4:21	-0.8	7:16	5:07	
13	Fri	10:48	3.7	11:23	3.4	4:40	-0.4	5:13	-0.6	7:16	5:08	
14	Sat	11:37	3.3			5:39	-0.2	6:04	-0.4	7:16	5:09	
15	Sun	12:17	3.2	12:29	3.0	6:41	0.1	6:56	-0.2	7:15	5:10	
16	Mon	1:19	3.1	1:29	2.7	7:48	0.3	7:50	0.0	7:15	5:11	
17	Tue	2:27	3.1	2:36	2.5	8:53	0.4	8:43	0.0	7:15	5:12	
18	Wed	3:26	3.1	3:36	2.4	9:51	0.4	9:32	0.1	7:14	5:13	
19	Thu	4:16	3.1	4:28	2.4	10:45	0.3	10:20	0.1	7:14	5:15	
20	Fri	5:02	3.2	5:16	2.5	11:35	0.2	11:07	0.0	7:13	5:16	
21	Sat	5:45	3.3	6:01	2.6			12:17	0.1	7:13	5:17	
22	Sun	6:24	3.4	6:41	2.7			12:51	0.0	7:12	5:18	
23	Mon	6:59	3.5	7:17	2.8	12:31	-0.2	1:22	-0.2	7:12	5:19	
24	Tue	7:33	3.6	7:52	2.9	1:08	-0.2	1:52	-0.2	7:11	5:20	
25	Wed	8:06	3.6	8:28	3.0	1:45	-0.3	2:23	-0.3	7:11	5:21	
26	Thu	8:41	3.5	9:06	3.0	2:22	-0.3	2:58	-0.3	7:10	5:22	
27	Fri	9:17	3.4	9:46	3.1	3:02	-0.2	3:36	-0.3	7:09	5:23	
28	Sat	9:57	3.3	10:28	3.1	3:47	-0.1	4:17	-0.3	7:09	5:24	
29	Sun	10:39	3.2	11:13	3.2	4:36	-0.1	5:01	-0.3	7:08	5:25	
30	Mon	11:24	3.0			5:28	0.0	5:49	-0.3	7:07	5:26	
31	Tue	12:02	3.3	12:14	2.9	6:25	0.1	6:41	-0.3	7:06	5:27	