

Virginia Beach (outer coast), VA - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:21	4.4	9:50	3.5	2:57	-0.8	3:46	-0.8	7:16	4:58	
2	Tue	10:14	4.2	10:47	3.5	3:55	-0.6	4:41	-0.7	7:16	4:58	
3	Wed	11:08	3.9	11:45	3.5	4:57	-0.4	5:36	-0.6	7:17	4:59	
4	Thu			12:03	3.5	6:01	-0.2	6:32	-0.5	7:17	5:00	
5	Fri	12:48	3.4	1:03	3.2	7:10	0.0	7:30	-0.4	7:17	5:01	
6	Sat	1:59	3.4	2:14	2.9	8:22	0.1	8:29	-0.3	7:17	5:02	
7	Sun	3:07	3.4	3:20	2.8	9:29	0.1	9:24	-0.2	7:17	5:03	
8	Mon	4:05	3.5	4:18	2.7	10:30	0.1	10:16	-0.2	7:17	5:03	
9	Tue	4:56	3.5	5:11	2.7	11:27	0.1	11:07	-0.2	7:17	5:04	
10	Wed	5:44	3.6	5:59	2.7			12:16	0.0	7:16	5:05	
11	Thu	6:25	3.6	6:41	2.8			12:56	-0.1	7:16	5:06	
12	Fri	7:02	3.6	7:19	2.8	12:35	-0.2	1:30	-0.2	7:16	5:07	
13	Sat	7:36	3.6	7:55	2.9	1:11	-0.2	2:00	-0.2	7:16	5:08	
14	Sun	8:09	3.6	8:31	2.9	1:45	-0.2	2:30	-0.2	7:16	5:09	
15	Mon	8:43	3.5	9:08	2.9	2:20	-0.1	3:03	-0.2	7:15	5:10	
16	Tue	9:18	3.4	9:47	2.8	2:58	0.0	3:39	-0.1	7:15	5:11	
17	Wed	9:55	3.3	10:26	2.8	3:39	0.1	4:17	-0.1	7:15	5:12	
18	Thu	10:33	3.1	11:06	2.8	4:24	0.2	4:56	0.0	7:14	5:13	
19	Fri	11:12	3.0	11:48	2.9	5:11	0.3	5:38	0.0	7:14	5:14	
20	Sat	11:55	2.8			6:01	0.3	6:22	0.0	7:13	5:15	
21	Sun	12:37	3.0	12:45	2.7	6:57	0.3	7:13	-0.1	7:13	5:16	
22	Mon	1:35	3.1	1:46	2.6	7:59	0.3	8:09	-0.1	7:13	5:17	
23	Tue	2:39	3.3	2:52	2.6	9:02	0.1	9:07	-0.3	7:12	5:18	
24	Wed	3:39	3.6	3:55	2.8	10:02	-0.1	10:05	-0.5	7:11	5:20	
25	Thu	4:38	3.8	4:56	3.0	11:03	-0.3	11:05	-0.7	7:11	5:21	
26	Fri	5:35	4.1	5:56	3.2			12:02	-0.6	7:10	5:22	
27	Sat	6:31	4.3	6:53	3.4	12:04	-0.9	12:55	-0.9	7:10	5:23	
28	Sun	7:23	4.5	7:46	3.6	12:59	-1.1	1:44	-1.0	7:09	5:24	
29	Mon	8:13	4.4	8:38	3.7	1:51	-1.1	2:33	-1.1	7:08	5:25	
30	Tue	9:04	4.3	9:32	3.7	2:45	-1.1	3:23	-1.0	7:07	5:26	
31	Wed	9:56	4.0	10:27	3.7	3:41	-0.9	4:16	-0.9	7:07	5:27	