

Virginia Beach (outer coast), VA - Nov 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:39	4.4	5:00	4.2	10:54	0.2	11:12	-0.1	6:27	5:07	
2	Fri	5:34	4.7	5:56	4.3	11:55	0.0			6:28	5:06	
3	Sat	6:27	4.9	6:48	4.2	12:04	-0.2	12:50	-0.1	6:29	5:05	
4	Sun	7:15	5.0	7:37	4.2	12:53	-0.3	1:39	-0.2	6:30	5:04	
5	Mon	8:02	5.0	8:24	4.0	1:38	-0.2	2:27	-0.1	6:31	5:03	
6	Tue	8:48	4.8	9:13	3.8	2:23	-0.1	3:16	0.1	6:32	5:02	
7	Wed	9:36	4.6	10:03	3.6	3:09	0.2	4:08	0.3	6:33	5:01	
8	Thu	10:24	4.3	10:54	3.4	3:59	0.4	5:01	0.5	6:34	5:00	
9	Fri	11:10	4.0	11:44	3.3	4:52	0.7	5:53	0.6	6:35	4:59	
10	Sat	11:58	3.7			5:46	0.9	6:46	0.8	6:36	4:59	
11	Sun	12:39	3.2	12:50	3.5	6:43	1.1	7:40	0.8	6:37	4:58	
12	Mon	1:47	3.1	1:52	3.4	7:45	1.1	8:31	0.8	6:38	4:57	
13	Tue	2:51	3.2	2:53	3.3	8:44	1.1	9:14	0.8	6:39	4:56	
14	Wed	3:40	3.4	3:43	3.3	9:37	1.0	9:53	0.7	6:40	4:55	
15	Thu	4:23	3.6	4:27	3.3	10:25	0.9	10:33	0.6	6:41	4:55	
16	Fri	5:03	3.8	5:10	3.4	11:12	0.7	11:13	0.4	6:42	4:54	
17	Sat	5:42	4.0	5:53	3.4	11:57	0.5	11:53	0.3	6:43	4:53	
18	Sun	6:20	4.2	6:33	3.4			12:38	0.3	6:44	4:53	
19	Mon	6:58	4.3	7:12	3.5	12:33	0.2	1:17	0.2	6:45	4:52	
20	Tue	7:36	4.4	7:52	3.5	1:11	0.1	1:56	0.1	6:46	4:52	
21	Wed	8:16	4.5	8:35	3.4	1:51	0.1	2:38	0.1	6:47	4:51	
22	Thu	8:59	4.4	9:22	3.4	2:33	0.1	3:24	0.1	6:48	4:50	
23	Fri	9:47	4.4	10:13	3.4	3:21	0.2	4:15	0.1	6:49	4:50	
24	Sat	10:37	4.2	11:06	3.4	4:16	0.3	5:09	0.1	6:50	4:50	
25	Sun	11:29	4.1			5:15	0.4	6:04	0.1	6:51	4:49	
26	Mon	12:03	3.4	12:25	3.9	6:18	0.4	7:02	0.1	6:52	4:49	
27	Tue	1:09	3.5	1:31	3.7	7:26	0.4	8:02	0.0	6:53	4:48	
28	Wed	2:22	3.7	2:41	3.6	8:37	0.4	9:00	-0.1	6:54	4:48	
29	Thu	3:28	3.9	3:45	3.6	9:43	0.2	9:55	-0.2	6:55	4:48	
30	Fri	4:26	4.2	4:43	3.6	10:47	0.1	10:49	-0.3	6:56	4:48	