

Virginia Beach (outer coast), VA - Dec 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:21	4.4	5:40	3.6	11:47	-0.1	11:43	-0.4	6:57	4:47	
2	Sun	6:12	4.5	6:32	3.6			12:41	-0.2	6:58	4:47	
3	Mon	6:59	4.6	7:20	3.6	12:33	-0.4	1:28	-0.3	6:59	4:47	
4	Tue	7:44	4.5	8:06	3.5	1:18	-0.3	2:12	-0.2	7:00	4:47	
5	Wed	8:27	4.4	8:51	3.4	2:01	-0.2	2:55	-0.1	7:01	4:47	
6	Thu	9:10	4.2	9:37	3.3	2:44	0.0	3:40	0.0	7:02	4:47	
7	Fri	9:53	3.9	10:24	3.1	3:29	0.2	4:27	0.2	7:03	4:47	
8	Sat	10:35	3.7	11:10	3.0	4:17	0.4	5:12	0.3	7:03	4:47	
9	Sun	11:17	3.4	11:56	2.9	5:07	0.6	5:56	0.4	7:04	4:47	
10	Mon			12:00	3.2	5:57	0.7	6:40	0.4	7:05	4:47	
11	Tue	12:48	2.9	12:48	3.0	6:51	0.8	7:27	0.5	7:06	4:47	
12	Wed	1:48	2.9	1:45	2.9	7:50	0.9	8:14	0.4	7:07	4:47	
13	Thu	2:47	3.1	2:45	2.8	8:48	0.8	8:59	0.4	7:07	4:48	
14	Fri	3:35	3.2	3:37	2.8	9:40	0.7	9:43	0.3	7:08	4:48	
15	Sat	4:19	3.5	4:26	2.9	10:31	0.5	10:28	0.1	7:09	4:48	
16	Sun	5:03	3.7	5:14	2.9	11:22	0.3	11:15	0.0	7:09	4:48	
17	Mon	5:47	3.9	6:01	3.0			12:10	0.0	7:10	4:49	
18	Tue	6:30	4.1	6:46	3.1	12:01	-0.2	12:54	-0.2	7:11	4:49	
19	Wed	7:13	4.3	7:31	3.2	12:47	-0.3	1:36	-0.3	7:11	4:50	
20	Thu	7:56	4.3	8:17	3.3	1:31	-0.4	2:20	-0.4	7:12	4:50	
21	Fri	8:42	4.3	9:07	3.3	2:17	-0.4	3:07	-0.5	7:12	4:50	
22	Sat	9:31	4.2	10:00	3.3	3:07	-0.4	3:58	-0.5	7:13	4:51	
23	Sun	10:22	4.1	10:54	3.4	4:04	-0.3	4:51	-0.4	7:13	4:51	
24	Mon	11:14	3.8	11:51	3.4	5:04	-0.1	5:45	-0.4	7:14	4:52	
25	Tue			12:09	3.6	6:07	0.0	6:40	-0.4	7:14	4:53	
26	Wed	12:54	3.4	1:11	3.3	7:15	0.1	7:39	-0.4	7:15	4:53	
27	Thu	2:06	3.5	2:22	3.1	8:27	0.1	8:38	-0.4	7:15	4:54	
28	Fri	3:14	3.7	3:29	3.0	9:35	0.0	9:35	-0.4	7:15	4:54	
29	Sat	4:13	3.8	4:30	3.0	10:39	-0.1	10:31	-0.4	7:15	4:55	
30	Sun	5:09	4.0	5:27	3.0	11:39	-0.2	11:26	-0.4	7:16	4:56	
31	Mon	6:00	4.0	6:19	3.1			12:32	-0.3	7:16	4:57	