

Virginia Beach (outer coast), VA - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:47	4.1	7:06	3.1	12:17	-0.4	1:17	-0.3	7:16	4:57	
2	Wed	7:29	4.0	7:49	3.1	1:02	-0.4	1:57	-0.3	7:16	4:58	
3	Thu	8:08	3.9	8:30	3.0	1:43	-0.4	2:35	-0.3	7:16	4:59	
4	Fri	8:46	3.8	9:12	3.0	2:22	-0.2	3:13	-0.2	7:17	5:00	
5	Sat	9:25	3.6	9:54	2.9	3:02	-0.1	3:52	-0.1	7:17	5:01	
6	Sun	10:03	3.4	10:36	2.8	3:45	0.1	4:32	0.0	7:17	5:01	
7	Mon	10:42	3.2	11:18	2.8	4:31	0.3	5:11	0.1	7:17	5:02	
8	Tue	11:21	3.0			5:18	0.4	5:51	0.1	7:17	5:03	
9	Wed	12:00	2.7	12:02	2.8	6:07	0.5	6:33	0.2	7:17	5:04	
10	Thu	12:49	2.8	12:50	2.6	7:00	0.6	7:20	0.2	7:16	5:05	
11	Fri	1:45	2.8	1:47	2.5	7:59	0.6	8:09	0.2	7:16	5:06	
12	Sat	2:44	3.0	2:48	2.4	8:57	0.5	8:59	0.1	7:16	5:07	
13	Sun	3:36	3.2	3:45	2.5	9:53	0.3	9:50	-0.1	7:16	5:08	
14	Mon	4:26	3.5	4:38	2.6	10:48	0.1	10:41	-0.3	7:16	5:09	
15	Tue	5:16	3.7	5:32	2.8	11:41	-0.2	11:35	-0.5	7:15	5:10	
16	Wed	6:06	4.0	6:23	3.0			12:31	-0.4	7:15	5:11	
17	Thu	6:54	4.2	7:13	3.2	12:26	-0.7	1:17	-0.7	7:15	5:12	
18	Fri	7:40	4.3	8:01	3.3	1:15	-0.8	2:02	-0.8	7:14	5:13	
19	Sat	8:28	4.3	8:52	3.4	2:04	-0.9	2:49	-0.9	7:14	5:14	
20	Sun	9:17	4.2	9:45	3.5	2:56	-0.8	3:39	-0.9	7:14	5:15	
21	Mon	10:08	4.0	10:40	3.5	3:52	-0.7	4:31	-0.8	7:13	5:16	
22	Tue	11:00	3.7	11:35	3.5	4:52	-0.5	5:24	-0.7	7:13	5:17	
23	Wed	11:53	3.4			5:54	-0.3	6:19	-0.6	7:12	5:18	
24	Thu	12:35	3.5	12:52	3.1	7:01	-0.1	7:17	-0.5	7:12	5:19	
25	Fri	1:45	3.4	2:03	2.8	8:14	0.0	8:18	-0.4	7:11	5:20	
26	Sat	2:57	3.5	3:15	2.7	9:23	0.0	9:18	-0.3	7:10	5:21	
27	Sun	4:00	3.5	4:18	2.7	10:28	0.0	10:16	-0.3	7:10	5:23	
28	Mon	4:57	3.6	5:16	2.7	11:28	-0.1	11:13	-0.3	7:09	5:24	
29	Tue	5:49	3.6	6:08	2.8			12:21	-0.2	7:08	5:25	
30	Wed	6:34	3.7	6:52	2.9	12:06	-0.3	1:03	-0.3	7:08	5:26	
31	Thu	7:14	3.7	7:31	3.0	12:50	-0.4	1:39	-0.3	7:07	5:27	