

Virginia Beach (outer coast), VA - Nov 1980

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