

































Virginia Beach (outer coast), VA - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:59	2.9	1:57	2.3	8:18	0.7	8:12	0.3	7:16	4:58	
2	Mon	2:55	3.1	2:58	2.3	9:15	0.6	9:00	0.2	7:16	4:59	
3	Tue	3:45	3.3	3:53	2.3	10:09	0.5	9:50	0.1	7:17	5:00	
4	Wed	4:33	3.5	4:46	2.4	11:03	0.3	10:41	0.0	7:17	5:00	
5	Thu	5:22	3.7	5:38	2.5	11:55	0.1	11:34	-0.2	7:17	5:01	
6	Fri	6:11	3.9	6:27	2.7			12:41	-0.2	7:17	5:02	
7	Sat	6:57	4.1	7:15	2.9	12:25	-0.4	1:24	-0.4	7:17	5:03	
8	Sun	7:42	4.2	8:01	3.1	1:13	-0.6	2:06	-0.5	7:17	5:04	
9	Mon	8:27	4.2	8:51	3.2	2:01	-0.6	2:50	-0.6	7:16	5:05	
10	Tue	9:14	4.1	9:42	3.3	2:51	-0.6	3:37	-0.7	7:16	5:06	
11	Wed	10:03	3.9	10:35	3.4	3:47	-0.5	4:26	-0.7	7:16	5:07	
12	Thu	10:52	3.6	11:29	3.5	4:46	-0.3	5:15	-0.6	7:16	5:08	
13	Fri	11:43	3.2			5:48	-0.2	6:06	-0.5	7:16	5:09	
14	Sat	12:25	3.5	12:38	2.9	6:54	0.0	7:00	-0.4	7:15	5:10	
15	Sun	1:31	3.5	1:46	2.6	8:06	0.1	8:00	-0.3	7:15	5:11	
16	Mon	2:43	3.5	3:00	2.5	9:17	0.1	9:01	-0.2	7:15	5:12	
17	Tue	3:49	3.6	4:07	2.5	10:24	0.1	10:02	-0.2	7:14	5:13	
18	Wed	4:49	3.6	5:09	2.5	11:27	0.0	11:03	-0.2	7:14	5:14	
19	Thu	5:45	3.7	6:05	2.7			12:22	-0.1	7:14	5:15	
20	Fri	6:35	3.7	6:53	2.8	12:00	-0.3	1:07	-0.2	7:13	5:16	
21	Sat	7:17	3.7	7:35	2.9	12:49	-0.3	1:45	-0.3	7:13	5:17	
22	Sun	7:54	3.6	8:14	2.9	1:30	-0.3	2:19	-0.3	7:12	5:18	
23	Mon	8:29	3.5	8:53	3.0	2:08	-0.2	2:51	-0.3	7:12	5:19	
24	Tue	9:04	3.4	9:32	3.0	2:45	-0.1	3:24	-0.2	7:11	5:20	
25	Wed	9:39	3.2	10:10	2.9	3:25	0.0	3:58	-0.1	7:10	5:21	
26	Thu	10:14	3.0	10:48	2.9	4:08	0.2	4:32	-0.1	7:10	5:22	
27	Fri	10:50	2.8	11:25	2.9	4:52	0.3	5:08	0.0	7:09	5:23	
28	Sat	11:28	2.6			5:38	0.4	5:46	0.1	7:08	5:24	
29	Sun	12:06	2.9	12:09	2.4	6:28	0.5	6:29	0.2	7:08	5:26	
30	Mon	12:55	2.9	1:00	2.2	7:24	0.5	7:19	0.3	7:07	5:27	
31	Tue	1:55	2.9	2:05	2.1	8:26	0.5	8:16	0.2	7:06	5:28	