
































## Virginia Beach (outer coast), VA - Apr 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			1:03	3.0	7:16	0.1	7:15	0.1	6:49	7:25	
2	Mon	1:40	3.7	2:16	2.9	8:26	0.3	8:28	0.2	6:48	7:26	
3	Tue	3:00	3.5	3:41	2.9	9:37	0.3	9:45	0.3	6:46	7:27	
4	Wed	4:17	3.4	4:48	3.1	10:39	0.3	10:53	0.3	6:45	7:28	
5	Thu	5:18	3.4	5:44	3.3	11:33	0.3	11:55	0.2	6:43	7:29	
6	Fri	6:09	3.3	6:33	3.5			12:21	0.2	6:42	7:30	
7	Sat	6:55	3.3	7:15	3.7	12:50	0.1	1:03	0.1	6:40	7:31	
8	Sun	7:34	3.3	7:52	3.8	1:35	0.0	1:38	0.1	6:39	7:32	
9	Mon	8:09	3.3	8:25	3.9	2:12	0.0	2:08	0.0	6:38	7:32	
10	Tue	8:42	3.2	8:57	3.9	2:44	0.0	2:37	0.1	6:36	7:33	
11	Wed	9:15	3.2	9:29	3.8	3:15	0.0	3:07	0.2	6:35	7:34	
12	Thu	9:49	3.1	10:04	3.8	3:48	0.1	3:40	0.3	6:33	7:35	
13	Fri	10:26	2.9	10:41	3.6	4:24	0.2	4:16	0.4	6:32	7:36	
14	Sat	11:04	2.8	11:22	3.5	5:05	0.3	4:57	0.5	6:31	7:37	
15	Sun	11:44	2.7			5:49	0.5	5:42	0.7	6:29	7:38	
16	Mon	12:04	3.4	12:27	2.7	6:35	0.6	6:32	0.7	6:28	7:39	
17	Tue	12:50	3.3	1:15	2.6	7:25	0.6	7:27	0.7	6:26	7:39	
18	Wed	1:43	3.2	2:15	2.7	8:20	0.6	8:30	0.7	6:25	7:40	
19	Thu	2:46	3.2	3:23	2.9	9:17	0.5	9:35	0.6	6:24	7:41	
20	Fri	3:51	3.3	4:24	3.2	10:10	0.3	10:37	0.3	6:23	7:42	
21	Sat	4:48	3.4	5:18	3.7	11:00	0.1	11:37	0.1	6:21	7:43	
22	Sun	5:43	3.5	6:11	4.1	11:51	-0.1			6:20	7:44	
23	Mon	6:37	3.6	7:03	4.4	12:36	-0.2	12:42	-0.4	6:19	7:45	
24	Tue	7:30	3.7	7:53	4.7	1:31	-0.5	1:31	-0.5	6:17	7:46	
25	Wed	8:20	3.7	8:42	4.8	2:22	-0.6	2:19	-0.6	6:16	7:46	
26	Thu	9:11	3.6	9:33	4.8	3:12	-0.7	3:08	-0.6	6:15	7:47	
27	Fri	10:04	3.5	10:27	4.6	4:05	-0.6	4:00	-0.4	6:14	7:48	
28	Sat	10:59	3.4	11:24	4.4	5:02	-0.4	4:57	-0.2	6:13	7:49	
29	Sun	11:57	3.3			6:02	-0.2	6:00	0.0	6:11	7:50	
30	Mon	12:22	4.0	12:57	3.2	7:02	0.1	7:06	0.2	6:10	7:51	