

































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:36	3.7	5:54	4.1	11:39	0.8			6:59	6:47	
2	Tue	6:23	4.1	6:41	4.2	12:09	0.6	12:33	0.6	6:59	6:46	
3	Wed	7:09	4.5	7:27	4.3	12:53	0.3	1:25	0.4	7:00	6:45	
4	Thu	7:53	4.8	8:12	4.3	1:35	0.1	2:13	0.2	7:01	6:43	
5	Fri	8:38	5.0	8:58	4.2	2:17	0.0	3:00	0.1	7:02	6:42	
6	Sat	9:25	5.1	9:46	4.1	3:00	-0.1	3:49	0.1	7:03	6:40	
7	Sun	10:15	5.1	10:38	3.9	3:47	0.0	4:44	0.3	7:04	6:39	
8	Mon	11:09	5.0	11:34	3.7	4:39	0.2	5:44	0.5	7:05	6:37	
9	Tue			12:06	4.7	5:37	0.4	6:47	0.6	7:06	6:36	
10	Wed	12:32	3.6	1:06	4.5	6:40	0.6	7:54	0.8	7:06	6:34	
11	Thu	1:39	3.5	2:18	4.2	7:49	0.7	9:04	0.8	7:07	6:33	
12	Fri	3:02	3.5	3:36	4.1	9:05	0.8	10:07	0.8	7:08	6:32	
13	Sat	4:17	3.7	4:41	4.0	10:17	0.8	11:01	0.7	7:09	6:30	
14	Sun	5:16	3.9	5:35	4.0	11:20	0.8	11:50	0.6	7:10	6:29	
15	Mon	6:07	4.1	6:23	3.9			12:19	0.7	7:11	6:27	
16	Tue	6:53	4.3	7:07	3.9	12:35	0.5	1:11	0.6	7:12	6:26	
17	Wed	7:33	4.5	7:46	3.8	1:14	0.5	1:54	0.6	7:13	6:25	
18	Thu	8:09	4.5	8:21	3.7	1:48	0.4	2:30	0.6	7:14	6:23	
19	Fri	8:43	4.5	8:56	3.6	2:20	0.5	3:03	0.6	7:15	6:22	
20	Sat	9:17	4.4	9:31	3.5	2:51	0.6	3:37	0.7	7:16	6:21	
21	Sun	9:52	4.3	10:09	3.4	3:24	0.7	4:14	0.8	7:16	6:20	
22	Mon	10:30	4.2	10:50	3.2	4:00	0.9	4:55	0.9	7:17	6:18	
23	Tue	11:11	4.0	11:32	3.1	4:40	1.0	5:40	1.0	7:18	6:17	
24	Wed	11:54	3.9			5:26	1.1	6:28	1.1	7:19	6:16	
25	Thu	12:16	3.0	12:38	3.8	6:16	1.2	7:17	1.1	7:20	6:15	
26	Fri	1:05	3.0	1:28	3.7	7:10	1.3	8:09	1.1	7:21	6:13	
27	Sat	2:03	3.0	2:26	3.6	8:10	1.3	9:02	1.0	7:22	6:12	
28	Sun	2:09	3.2	2:27	3.7	8:14	1.2	8:52	0.8	6:23	5:11	
29	Mon	3:08	3.5	3:23	3.7	9:14	1.0	9:38	0.6	6:24	5:10	
30	Tue	3:59	3.9	4:15	3.8	10:11	0.7	10:25	0.3	6:25	5:09	
31	Wed	4:48	4.3	5:06	3.9	11:08	0.4	11:13	0.1	6:26	5:08	