

































Virginia Beach (outer coast), VA - Dec 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:06	4.8	6:29	3.5			12:40	-0.3	6:58	4:47	
2	Sun	6:59	4.9	7:23	3.5	12:29	-0.5	1:32	-0.4	6:58	4:47	
3	Mon	7:52	4.9	8:17	3.5	1:22	-0.6	2:23	-0.4	6:59	4:47	
4	Tue	8:45	4.8	9:13	3.5	2:14	-0.5	3:17	-0.4	7:00	4:47	
5	Wed	9:41	4.5	10:12	3.5	3:10	-0.4	4:15	-0.2	7:01	4:47	
6	Thu	10:36	4.2	11:11	3.4	4:12	-0.1	5:12	-0.1	7:02	4:47	
7	Fri	11:30	3.9			5:17	0.1	6:08	0.0	7:03	4:47	
8	Sat	12:11	3.4	12:25	3.5	6:23	0.3	7:03	0.1	7:04	4:47	
9	Sun	1:18	3.4	1:28	3.2	7:34	0.5	7:58	0.2	7:04	4:47	
10	Mon	2:27	3.4	2:35	2.9	8:44	0.6	8:48	0.2	7:05	4:47	
11	Tue	3:25	3.5	3:33	2.8	9:45	0.6	9:34	0.3	7:06	4:47	
12	Wed	4:13	3.6	4:23	2.7	10:40	0.5	10:18	0.3	7:07	4:47	
13	Thu	4:58	3.7	5:11	2.7	11:32	0.5	11:01	0.3	7:08	4:48	
14	Fri	5:40	3.7	5:55	2.7			12:16	0.4	7:08	4:48	
15	Sat	6:19	3.8	6:35	2.7			12:53	0.3	7:09	4:48	
16	Sun	6:56	3.8	7:13	2.8	12:24	0.2	1:25	0.2	7:10	4:49	
17	Mon	7:31	3.8	7:48	2.8	1:01	0.2	1:56	0.1	7:10	4:49	
18	Tue	8:06	3.8	8:25	2.8	1:36	0.2	2:29	0.1	7:11	4:49	
19	Wed	8:41	3.7	9:03	2.8	2:12	0.2	3:04	0.1	7:11	4:50	
20	Thu	9:18	3.7	9:44	2.8	2:51	0.3	3:43	0.1	7:12	4:50	
21	Fri	9:57	3.5	10:26	2.8	3:34	0.3	4:23	0.1	7:12	4:51	
22	Sat	10:37	3.4	11:09	2.9	4:22	0.4	5:04	0.1	7:13	4:51	
23	Sun	11:18	3.3	11:55	3.1	5:14	0.5	5:47	0.0	7:13	4:52	
24	Mon			12:04	3.1	6:10	0.5	6:33	0.0	7:14	4:52	
25	Tue	12:48	3.2	12:58	2.9	7:11	0.4	7:24	-0.1	7:14	4:53	
26	Wed	1:49	3.4	2:02	2.8	8:17	0.3	8:20	-0.2	7:15	4:53	
27	Thu	2:52	3.7	3:08	2.8	9:21	0.2	9:17	-0.3	7:15	4:54	
28	Fri	3:53	4.0	4:11	2.9	10:24	0.0	10:15	-0.5	7:15	4:55	
29	Sat	4:52	4.2	5:14	3.0	11:28	-0.3	11:16	-0.6	7:16	4:55	
30	Sun	5:52	4.4	6:15	3.1			12:27	-0.5	7:16	4:56	
31	Mon	6:48	4.5	7:11	3.3	12:15	-0.8	1:20	-0.6	7:16	4:57	