

































## Virginia Beach (outer coast), VA - Jan 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:34	3.4	4:45	2.7	11:02	0.3	10:40	0.0	7:16	4:57	
2	Tue	5:19	3.5	5:33	2.7	11:53	0.2	11:26	0.0	7:16	4:58	
3	Wed	6:01	3.5	6:16	2.7			12:34	0.1	7:16	4:59	
4	Thu	6:39	3.6	6:55	2.8	12:08	-0.1	1:08	0.0	7:17	5:00	
5	Fri	7:13	3.6	7:31	2.9	12:46	-0.1	1:38	-0.1	7:17	5:01	
6	Sat	7:46	3.6	8:06	2.9	1:21	-0.1	2:08	-0.1	7:17	5:02	
7	Sun	8:19	3.6	8:43	2.9	1:56	-0.1	2:40	-0.1	7:17	5:02	
8	Mon	8:54	3.5	9:21	2.9	2:32	-0.1	3:14	-0.1	7:17	5:03	
9	Tue	9:30	3.4	10:00	2.9	3:12	0.0	3:52	-0.1	7:17	5:04	
10	Wed	10:08	3.3	10:41	2.9	3:56	0.1	4:32	-0.1	7:16	5:05	
11	Thu	10:48	3.1	11:24	3.0	4:44	0.2	5:14	-0.1	7:16	5:06	
12	Fri	11:31	3.0			5:34	0.2	5:59	-0.1	7:16	5:07	
13	Sat	12:11	3.1	12:19	2.9	6:29	0.3	6:48	-0.2	7:16	5:08	
14	Sun	1:07	3.2	1:17	2.8	7:31	0.2	7:45	-0.2	7:16	5:09	
15	Mon	2:11	3.4	2:25	2.7	8:36	0.1	8:44	-0.4	7:15	5:10	
16	Tue	3:15	3.6	3:31	2.8	9:39	-0.1	9:43	-0.5	7:15	5:11	
17	Wed	4:16	3.9	4:34	3.0	10:41	-0.3	10:44	-0.7	7:15	5:12	
18	Thu	5:16	4.1	5:37	3.2	11:43	-0.6	11:45	-0.9	7:14	5:13	
19	Fri	6:14	4.3	6:36	3.4			12:39	-0.8	7:14	5:14	
20	Sat	7:07	4.5	7:30	3.6	12:42	-1.1	1:30	-1.0	7:13	5:15	
21	Sun	7:58	4.4	8:23	3.7	1:36	-1.1	2:19	-1.1	7:13	5:16	
22	Mon	8:49	4.3	9:16	3.7	2:28	-1.0	3:08	-1.0	7:13	5:17	
23	Tue	9:39	4.0	10:10	3.6	3:23	-0.8	3:59	-0.9	7:12	5:18	
24	Wed	10:30	3.7	11:03	3.5	4:21	-0.6	4:51	-0.7	7:11	5:19	
25	Thu	11:19	3.4	11:56	3.4	5:20	-0.3	5:41	-0.5	7:11	5:20	
26	Fri			12:09	3.0	6:20	0.0	6:32	-0.3	7:10	5:22	
27	Sat	12:54	3.2	1:05	2.7	7:25	0.2	7:27	-0.1	7:10	5:23	
28	Sun	2:02	3.1	2:14	2.5	8:33	0.3	8:24	0.0	7:09	5:24	
29	Mon	3:07	3.1	3:20	2.4	9:34	0.4	9:18	0.1	7:08	5:25	
30	Tue	4:02	3.1	4:15	2.4	10:29	0.3	10:08	0.1	7:07	5:26	
31	Wed	4:50	3.1	5:05	2.5	11:21	0.2	10:57	0.0	7:07	5:27	