

































Virginia Beach (outer coast), VA - Jan 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:59	3.3	4:07	2.6	10:20	0.4	10:06	0.1	7:16	4:57	
2	Sun	4:45	3.4	4:54	2.6	11:12	0.3	10:50	0.1	7:16	4:58	
3	Mon	5:27	3.5	5:40	2.6	11:59	0.2	11:33	0.0	7:16	4:59	
4	Tue	6:07	3.6	6:21	2.6			12:37	0.1	7:17	5:00	
5	Wed	6:44	3.6	6:59	2.7	12:13	0.0	1:10	0.0	7:17	5:01	
6	Thu	7:19	3.7	7:35	2.7	12:50	-0.1	1:41	-0.1	7:17	5:02	
7	Fri	7:53	3.7	8:10	2.7	1:25	-0.1	2:13	-0.1	7:17	5:02	
8	Sat	8:28	3.7	8:47	2.7	2:01	-0.1	2:48	-0.1	7:17	5:03	
9	Sun	9:05	3.6	9:27	2.8	2:39	0.0	3:26	-0.1	7:16	5:04	
10	Mon	9:43	3.5	10:09	2.8	3:21	0.0	4:06	-0.1	7:16	5:05	
11	Tue	10:23	3.4	10:52	2.9	4:07	0.1	4:49	-0.1	7:16	5:06	
12	Wed	11:05	3.2	11:38	3.0	4:58	0.2	5:33	-0.2	7:16	5:07	
13	Thu	11:51	3.1			5:53	0.2	6:20	-0.2	7:16	5:08	
14	Fri	12:30	3.1	12:44	2.9	6:52	0.2	7:13	-0.3	7:16	5:09	
15	Sat	1:31	3.3	1:48	2.8	7:58	0.1	8:10	-0.4	7:15	5:10	
16	Sun	2:38	3.5	2:56	2.8	9:05	0.0	9:09	-0.5	7:15	5:11	
17	Mon	3:41	3.8	4:01	2.9	10:09	-0.2	10:07	-0.6	7:15	5:12	
18	Tue	4:42	4.0	5:04	3.0	11:13	-0.4	11:08	-0.8	7:14	5:13	
19	Wed	5:41	4.2	6:06	3.2			12:14	-0.6	7:14	5:14	
20	Thu	6:38	4.4	7:02	3.3	12:08	-0.9	1:08	-0.8	7:13	5:15	
21	Fri	7:30	4.4	7:55	3.4	1:03	-1.0	1:57	-0.9	7:13	5:16	
22	Sat	8:21	4.3	8:47	3.5	1:55	-1.0	2:46	-0.9	7:12	5:17	
23	Sun	9:11	4.1	9:40	3.4	2:47	-0.9	3:36	-0.8	7:12	5:18	
24	Mon	10:00	3.9	10:33	3.4	3:42	-0.6	4:27	-0.6	7:11	5:19	
25	Tue	10:48	3.5	11:23	3.3	4:39	-0.4	5:16	-0.5	7:11	5:20	
26	Wed	11:34	3.2			5:36	-0.1	6:03	-0.3	7:10	5:22	
27	Thu	12:15	3.1	12:22	2.8	6:34	0.2	6:52	-0.1	7:10	5:23	
28	Fri	1:12	3.0	1:17	2.5	7:37	0.3	7:43	0.1	7:09	5:24	
29	Sat	2:18	3.0	2:24	2.4	8:42	0.4	8:34	0.1	7:08	5:25	
30	Sun	3:17	3.0	3:26	2.3	9:39	0.4	9:24	0.2	7:07	5:26	
31	Mon	4:07	3.1	4:19	2.3	10:33	0.4	10:11	0.2	7:07	5:27	