
































## Virginia Beach (outer coast), VA - Nov 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	10:45	4.0	11:10	3.1	4:21	0.9	5:19	0.9	6:28	5:06	
2	Thu	11:28	3.8	11:57	3.0	5:09	1.1	6:07	1.0	6:29	5:05	
3	Fri			12:15	3.6	6:00	1.2	6:58	1.0	6:30	5:04	
4	Sat	12:52	3.0	1:10	3.5	6:55	1.3	7:51	1.0	6:31	5:03	
5	Sun	2:00	3.0	2:13	3.5	7:56	1.3	8:41	0.9	6:32	5:02	
6	Mon	3:01	3.2	3:10	3.5	8:55	1.1	9:26	0.8	6:33	5:01	
7	Tue	3:49	3.4	3:58	3.6	9:48	1.0	10:09	0.6	6:34	5:00	
8	Wed	4:33	3.7	4:45	3.6	10:40	0.7	10:52	0.4	6:35	4:59	
9	Thu	5:16	4.0	5:31	3.7	11:31	0.5	11:36	0.2	6:36	4:59	
10	Fri	5:59	4.4	6:17	3.8			12:19	0.3	6:37	4:58	
11	Sat	6:42	4.6	7:02	3.8	12:20	0.0	1:05	0.1	6:38	4:57	
12	Sun	7:26	4.8	7:47	3.8	1:03	-0.1	1:50	-0.1	6:39	4:56	
13	Mon	8:11	4.9	8:35	3.7	1:47	-0.2	2:38	-0.1	6:40	4:55	
14	Tue	9:00	4.8	9:27	3.6	2:33	-0.1	3:30	0.0	6:41	4:55	
15	Wed	9:52	4.7	10:23	3.5	3:25	0.0	4:27	0.1	6:42	4:54	
16	Thu	10:48	4.5	11:21	3.5	4:24	0.1	5:27	0.2	6:43	4:53	
17	Fri	11:45	4.3			5:26	0.3	6:28	0.2	6:44	4:53	
18	Sat	12:24	3.4	12:48	4.0	6:33	0.4	7:32	0.2	6:45	4:52	
19	Sun	1:40	3.5	2:01	3.8	7:47	0.5	8:34	0.2	6:46	4:52	
20	Mon	2:54	3.6	3:11	3.7	8:59	0.5	9:30	0.1	6:47	4:51	
21	Tue	3:55	3.9	4:10	3.6	10:04	0.4	10:21	0.1	6:48	4:51	
22	Wed	4:48	4.1	5:03	3.5	11:05	0.3	11:10	0.0	6:49	4:50	
23	Thu	5:37	4.2	5:53	3.5			12:01	0.2	6:50	4:50	
24	Fri	6:22	4.4	6:37	3.4			12:48	0.1	6:51	4:49	
25	Sat	7:02	4.4	7:17	3.4	12:37	0.0	1:28	0.1	6:52	4:49	
26	Sun	7:39	4.3	7:55	3.3	1:14	0.0	2:04	0.1	6:53	4:48	
27	Mon	8:15	4.2	8:34	3.2	1:49	0.1	2:40	0.2	6:54	4:48	
28	Tue	8:52	4.1	9:14	3.1	2:25	0.3	3:17	0.3	6:55	4:48	
29	Wed	9:32	3.9	9:56	3.0	3:03	0.4	3:59	0.4	6:56	4:48	
30	Thu	10:12	3.7	10:40	2.9	3:46	0.6	4:42	0.5	6:57	4:47	