

































Virginia Beach (outer coast), VA - Jan 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	11:41	3.0			5:37	0.5	6:12	0.1	7:16	4:58	
2	Tue	12:18	2.8	12:27	2.9	6:31	0.6	6:58	0.1	7:16	4:59	
3	Wed	1:12	2.9	1:22	2.7	7:31	0.5	7:48	0.0	7:17	5:00	
4	Thu	2:12	3.1	2:24	2.7	8:34	0.4	8:40	-0.1	7:17	5:00	
5	Fri	3:10	3.4	3:25	2.7	9:34	0.2	9:33	-0.3	7:17	5:01	
6	Sat	4:05	3.7	4:24	2.8	10:33	0.0	10:28	-0.5	7:17	5:02	
7	Sun	5:01	4.0	5:22	2.9	11:33	-0.3	11:24	-0.7	7:17	5:03	
8	Mon	5:56	4.3	6:20	3.1			12:29	-0.6	7:17	5:04	
9	Tue	6:50	4.5	7:14	3.3	12:21	-0.8	1:21	-0.8	7:16	5:05	
10	Wed	7:42	4.5	8:07	3.4	1:14	-1.0	2:10	-0.9	7:16	5:06	
11	Thu	8:33	4.5	9:01	3.4	2:06	-1.0	3:01	-0.9	7:16	5:07	
12	Fri	9:26	4.3	9:58	3.4	3:01	-0.9	3:55	-0.8	7:16	5:08	
13	Sat	10:20	4.0	10:55	3.4	4:00	-0.7	4:49	-0.7	7:16	5:09	
14	Sun	11:12	3.7	11:51	3.4	5:03	-0.4	5:43	-0.6	7:15	5:10	
15	Mon			12:05	3.3	6:06	-0.2	6:37	-0.4	7:15	5:11	
16	Tue	12:53	3.3	1:04	2.9	7:14	0.0	7:33	-0.3	7:15	5:12	
17	Wed	2:03	3.3	2:14	2.7	8:25	0.1	8:29	-0.2	7:14	5:13	
18	Thu	3:08	3.3	3:20	2.5	9:31	0.2	9:23	-0.1	7:14	5:14	
19	Fri	4:04	3.4	4:18	2.4	10:31	0.2	10:14	0.0	7:14	5:15	
20	Sat	4:54	3.4	5:10	2.5	11:27	0.1	11:05	0.0	7:13	5:16	
21	Sun	5:41	3.4	5:57	2.5			12:15	0.1	7:13	5:17	
22	Mon	6:23	3.5	6:39	2.6			12:53	0.0	7:12	5:18	
23	Tue	7:00	3.5	7:16	2.7	12:33	-0.1	1:26	-0.1	7:12	5:19	
24	Wed	7:34	3.5	7:50	2.7	1:09	-0.2	1:55	-0.2	7:11	5:20	
25	Thu	8:08	3.5	8:25	2.8	1:43	-0.2	2:25	-0.2	7:10	5:21	
26	Fri	8:41	3.5	9:02	2.8	2:17	-0.1	2:58	-0.2	7:10	5:22	
27	Sat	9:16	3.4	9:39	2.8	2:54	0.0	3:33	-0.2	7:09	5:23	
28	Sun	9:52	3.2	10:18	2.8	3:35	0.1	4:11	-0.1	7:08	5:25	
29	Mon	10:30	3.1	10:58	2.9	4:20	0.2	4:50	-0.1	7:08	5:26	
30	Tue	11:09	2.9	11:40	3.0	5:08	0.2	5:30	-0.1	7:07	5:27	
31	Wed	11:52	2.8			5:59	0.3	6:15	-0.1	7:06	5:28	