
































Virginia Beach (outer coast), VA - Nov 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:59	3.3	1:34	4.0	7:09	0.8	8:15	0.7	6:27	5:07	
2	Sun	2:24	3.4	2:48	3.9	8:26	0.8	9:14	0.7	6:28	5:06	
3	Mon	3:32	3.5	3:48	3.8	9:34	0.8	10:04	0.6	6:29	5:05	
4	Tue	4:25	3.7	4:38	3.7	10:33	0.8	10:49	0.5	6:30	5:04	
5	Wed	5:11	3.9	5:22	3.6	11:28	0.7	11:29	0.5	6:31	5:03	
6	Thu	5:53	4.1	6:03	3.6			12:15	0.6	6:32	5:02	
7	Fri	6:29	4.2	6:40	3.5	12:05	0.4	12:53	0.6	6:33	5:01	
8	Sat	7:01	4.3	7:14	3.5	12:36	0.4	1:26	0.5	6:34	5:00	
9	Sun	7:33	4.3	7:48	3.4	1:07	0.4	1:57	0.5	6:35	4:59	
10	Mon	8:05	4.2	8:24	3.3	1:38	0.5	2:29	0.5	6:36	4:58	
11	Tue	8:39	4.2	9:01	3.2	2:11	0.6	3:05	0.6	6:37	4:58	
12	Wed	9:16	4.1	9:42	3.0	2:46	0.7	3:46	0.7	6:38	4:57	
13	Thu	9:56	3.9	10:24	2.9	3:27	0.8	4:31	0.8	6:39	4:56	
14	Fri	10:39	3.8	11:09	2.9	4:13	0.9	5:18	0.8	6:40	4:55	
15	Sat	11:23	3.7	11:57	2.9	5:03	1.0	6:07	0.8	6:41	4:55	
16	Sun			12:12	3.6	5:58	1.0	6:59	0.8	6:42	4:54	
17	Mon	12:55	3.0	1:09	3.6	7:00	1.0	7:53	0.6	6:43	4:53	
18	Tue	2:01	3.2	2:13	3.6	8:06	0.8	8:45	0.4	6:45	4:53	
19	Wed	3:03	3.5	3:14	3.6	9:09	0.6	9:34	0.2	6:46	4:52	
20	Thu	3:58	3.9	4:10	3.7	10:09	0.4	10:24	-0.1	6:47	4:51	
21	Fri	4:50	4.4	5:05	3.7	11:09	0.1	11:15	-0.3	6:48	4:51	
22	Sat	5:42	4.7	6:00	3.8			12:07	-0.2	6:49	4:50	
23	Sun	6:33	5.0	6:54	3.8	12:06	-0.4	1:01	-0.4	6:50	4:50	
24	Mon	7:24	5.1	7:46	3.7	12:57	-0.5	1:52	-0.4	6:51	4:49	
25	Tue	8:15	5.1	8:39	3.6	1:46	-0.5	2:44	-0.4	6:52	4:49	
26	Wed	9:09	4.9	9:35	3.5	2:37	-0.4	3:41	-0.2	6:53	4:49	
27	Thu	10:05	4.6	10:34	3.4	3:34	-0.1	4:41	0.0	6:54	4:48	
28	Fri	11:02	4.3	11:34	3.2	4:36	0.1	5:41	0.1	6:55	4:48	
29	Sat	11:59	3.9			5:41	0.3	6:41	0.2	6:55	4:48	
30	Sun	12:40	3.2	1:01	3.6	6:51	0.5	7:41	0.3	6:56	4:48	