

































Virginia Beach (outer coast), VA - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:12	3.1	3:16	2.5	9:35	0.5	9:13	0.2	7:16	4:57	
2	Fri	3:59	3.2	4:07	2.4	10:29	0.5	9:56	0.2	7:16	4:58	
3	Sat	4:43	3.3	4:54	2.4	11:20	0.4	10:40	0.2	7:16	4:59	
4	Sun	5:25	3.4	5:41	2.5			12:05	0.3	7:17	5:00	
5	Mon	6:05	3.5	6:24	2.5			12:43	0.1	7:17	5:01	
6	Tue	6:44	3.6	7:02	2.6	12:08	0.0	1:16	0.0	7:17	5:02	
7	Wed	7:20	3.7	7:39	2.6	12:48	-0.1	1:48	0.0	7:17	5:02	
8	Thu	7:56	3.7	8:16	2.7	1:26	-0.1	2:21	-0.1	7:17	5:03	
9	Fri	8:32	3.7	8:55	2.7	2:04	-0.1	2:57	-0.1	7:16	5:04	
10	Sat	9:10	3.6	9:37	2.8	2:44	-0.1	3:36	-0.1	7:16	5:05	
11	Sun	9:50	3.5	10:21	2.9	3:29	0.0	4:17	-0.2	7:16	5:06	
12	Mon	10:31	3.4	11:07	3.0	4:20	0.1	5:00	-0.2	7:16	5:07	
13	Tue	11:15	3.2	11:56	3.1	5:14	0.1	5:45	-0.2	7:16	5:08	
14	Wed			12:03	3.0	6:12	0.2	6:33	-0.3	7:16	5:09	
15	Thu	12:52	3.3	1:00	2.8	7:16	0.2	7:27	-0.3	7:15	5:10	
16	Fri	1:56	3.4	2:08	2.6	8:24	0.1	8:26	-0.3	7:15	5:11	
17	Sat	3:03	3.7	3:18	2.6	9:31	0.0	9:26	-0.4	7:15	5:12	
18	Sun	4:06	3.9	4:24	2.7	10:37	-0.2	10:28	-0.5	7:14	5:13	
19	Mon	5:07	4.1	5:28	2.8	11:42	-0.4	11:31	-0.7	7:14	5:14	
20	Tue	6:07	4.2	6:29	3.0			12:40	-0.5	7:13	5:15	
21	Wed	7:02	4.3	7:23	3.1	12:30	-0.8	1:30	-0.7	7:13	5:16	
22	Thu	7:52	4.3	8:14	3.2	1:24	-0.8	2:17	-0.7	7:12	5:17	
23	Fri	8:40	4.1	9:04	3.2	2:14	-0.8	3:03	-0.7	7:12	5:18	
24	Sat	9:27	3.9	9:55	3.2	3:05	-0.6	3:49	-0.6	7:11	5:19	
25	Sun	10:13	3.6	10:43	3.2	3:59	-0.3	4:35	-0.4	7:11	5:20	
26	Mon	10:56	3.2	11:30	3.1	4:54	-0.1	5:18	-0.3	7:10	5:22	
27	Tue	11:38	2.9			5:47	0.2	6:00	-0.1	7:09	5:23	
28	Wed	12:16	3.0	12:22	2.6	6:43	0.4	6:43	0.1	7:09	5:24	
29	Thu	1:09	2.9	1:14	2.3	7:44	0.5	7:30	0.2	7:08	5:25	
30	Fri	2:11	2.9	2:20	2.2	8:47	0.5	8:21	0.3	7:07	5:26	
31	Sat	3:10	2.9	3:24	2.1	9:44	0.5	9:12	0.3	7:07	5:27	