
































## Virginia Beach (outer coast), VA - Nov 2006

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:21	3.8	3:40	4.0	9:29	0.6	9:57	0.2	6:27	5:07	
2	Thu	4:18	4.2	4:37	4.1	10:33	0.4	10:48	0.0	6:28	5:06	
3	Fri	5:13	4.6	5:32	4.1	11:35	0.1	11:39	-0.2	6:29	5:05	
4	Sat	6:05	5.0	6:26	4.0			12:32	-0.1	6:30	5:04	
5	Sun	6:55	5.1	7:16	4.0	12:28	-0.3	1:24	-0.2	6:31	5:03	
6	Mon	7:43	5.2	8:05	3.8	1:15	-0.3	2:13	-0.1	6:32	5:02	
7	Tue	8:31	5.0	8:55	3.7	2:01	-0.1	3:03	0.0	6:33	5:01	
8	Wed	9:21	4.8	9:48	3.5	2:49	0.1	3:58	0.3	6:34	5:00	
9	Thu	10:13	4.4	10:42	3.3	3:42	0.3	4:55	0.5	6:35	4:59	
10	Fri	11:05	4.1	11:37	3.2	4:39	0.6	5:52	0.7	6:37	4:58	
11	Sat	11:57	3.8			5:38	0.8	6:49	0.8	6:38	4:57	
12	Sun	12:37	3.1	12:54	3.5	6:41	1.0	7:47	0.8	6:39	4:57	
13	Mon	1:51	3.1	2:00	3.3	7:49	1.1	8:38	0.8	6:40	4:56	
14	Tue	2:56	3.2	2:59	3.2	8:53	1.1	9:19	0.8	6:41	4:55	
15	Wed	3:45	3.4	3:46	3.2	9:46	1.1	9:55	0.7	6:42	4:54	
16	Thu	4:26	3.6	4:29	3.2	10:35	0.9	10:31	0.6	6:43	4:54	
17	Fri	5:04	3.8	5:10	3.1	11:22	0.8	11:07	0.5	6:44	4:53	
18	Sat	5:41	4.0	5:51	3.1			12:04	0.6	6:45	4:52	
19	Sun	6:17	4.1	6:30	3.1			12:42	0.5	6:46	4:52	
20	Mon	6:52	4.2	7:08	3.1	12:23	0.4	1:18	0.4	6:47	4:51	
21	Tue	7:28	4.3	7:45	3.1	12:59	0.3	1:54	0.3	6:48	4:51	
22	Wed	8:06	4.3	8:24	3.1	1:37	0.3	2:33	0.3	6:49	4:50	
23	Thu	8:48	4.2	9:08	3.0	2:16	0.3	3:16	0.4	6:50	4:50	
24	Fri	9:33	4.2	9:56	3.0	3:00	0.4	4:05	0.4	6:51	4:49	
25	Sat	10:21	4.1	10:48	3.0	3:52	0.5	4:57	0.4	6:52	4:49	
26	Sun	11:11	4.0	11:43	3.1	4:50	0.5	5:49	0.3	6:53	4:49	
27	Mon			12:04	3.8	5:52	0.6	6:43	0.3	6:54	4:48	
28	Tue	12:45	3.2	1:04	3.6	6:59	0.6	7:39	0.2	6:55	4:48	
29	Wed	1:56	3.5	2:11	3.5	8:11	0.5	8:35	0.0	6:56	4:48	
30	Thu	3:02	3.8	3:16	3.4	9:19	0.4	9:27	-0.1	6:57	4:48	