

































Virginia Beach (outer coast), VA - Jan 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:36	4.0	5:57	2.8			12:15	-0.2	7:16	4:58	
2	Tue	6:29	4.1	6:50	2.9			1:05	-0.3	7:16	4:58	
3	Wed	7:17	4.1	7:37	3.0	12:45	-0.4	1:48	-0.3	7:16	4:59	
4	Thu	8:01	4.0	8:22	3.0	1:32	-0.4	2:30	-0.3	7:17	5:00	
5	Fri	8:42	3.8	9:07	3.0	2:15	-0.3	3:10	-0.2	7:17	5:01	
6	Sat	9:23	3.6	9:52	2.9	2:59	-0.1	3:51	-0.2	7:17	5:02	
7	Sun	10:02	3.4	10:35	2.9	3:44	0.1	4:31	-0.1	7:17	5:03	
8	Mon	10:40	3.1	11:17	2.9	4:32	0.3	5:08	0.0	7:17	5:04	
9	Tue	11:17	2.9	11:59	2.8	5:20	0.4	5:45	0.1	7:16	5:05	
10	Wed	11:56	2.6			6:09	0.6	6:23	0.2	7:16	5:05	
11	Thu	12:45	2.8	12:42	2.4	7:03	0.6	7:06	0.3	7:16	5:06	
12	Fri	1:39	2.9	1:38	2.2	8:02	0.6	7:54	0.3	7:16	5:07	
13	Sat	2:37	3.0	2:42	2.2	9:01	0.6	8:45	0.3	7:16	5:08	
14	Sun	3:31	3.1	3:40	2.2	9:56	0.5	9:36	0.2	7:16	5:09	
15	Mon	4:21	3.3	4:34	2.3	10:51	0.3	10:28	0.0	7:15	5:10	
16	Tue	5:11	3.5	5:26	2.4	11:43	0.1	11:21	-0.2	7:15	5:11	
17	Wed	6:00	3.7	6:16	2.6			12:30	-0.1	7:15	5:12	
18	Thu	6:46	3.9	7:03	2.8	12:13	-0.4	1:12	-0.3	7:14	5:13	
19	Fri	7:30	4.0	7:48	3.0	1:01	-0.5	1:53	-0.5	7:14	5:14	
20	Sat	8:13	4.1	8:35	3.2	1:48	-0.6	2:35	-0.6	7:13	5:15	
21	Sun	8:58	4.0	9:25	3.4	2:37	-0.6	3:19	-0.7	7:13	5:17	
22	Mon	9:45	3.8	10:17	3.5	3:30	-0.6	4:06	-0.7	7:12	5:18	
23	Tue	10:34	3.5	11:08	3.6	4:27	-0.4	4:54	-0.7	7:12	5:19	
24	Wed	11:23	3.2			5:27	-0.2	5:44	-0.6	7:11	5:20	
25	Thu	12:02	3.6	12:16	2.9	6:31	-0.1	6:37	-0.4	7:11	5:21	
26	Fri	1:04	3.5	1:19	2.6	7:41	0.1	7:36	-0.3	7:10	5:22	
27	Sat	2:17	3.5	2:36	2.4	8:54	0.1	8:40	-0.2	7:09	5:23	
28	Sun	3:28	3.5	3:48	2.4	10:03	0.1	9:43	-0.2	7:09	5:24	
29	Mon	4:32	3.6	4:52	2.5	11:09	0.0	10:47	-0.2	7:08	5:25	
30	Tue	5:31	3.6	5:51	2.6			12:07	-0.1	7:07	5:26	
31	Wed	6:23	3.7	6:41	2.8			12:54	-0.2	7:06	5:27	