

































## Virginia Beach (outer coast), VA - Jan 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	2:08	3.1	2:04	2.4	8:31	0.6	8:18	0.3	7:16	4:57	
2	Wed	3:03	3.1	3:06	2.3	9:27	0.6	9:04	0.3	7:16	4:58	
3	Thu	3:51	3.2	3:59	2.3	10:19	0.5	9:49	0.3	7:16	4:59	
4	Fri	4:37	3.3	4:48	2.3	11:10	0.4	10:36	0.2	7:17	5:00	
5	Sat	5:21	3.4	5:36	2.4	11:57	0.3	11:24	0.1	7:17	5:01	
6	Sun	6:05	3.5	6:20	2.5			12:36	0.1	7:17	5:02	
7	Mon	6:44	3.6	7:00	2.6	12:09	0.0	1:11	0.0	7:17	5:02	
8	Tue	7:22	3.7	7:38	2.7	12:51	-0.1	1:45	-0.1	7:17	5:03	
9	Wed	7:58	3.8	8:16	2.8	1:30	-0.2	2:19	-0.2	7:16	5:04	
10	Thu	8:36	3.7	8:57	2.9	2:10	-0.2	2:56	-0.3	7:16	5:05	
11	Fri	9:15	3.7	9:41	3.0	2:53	-0.2	3:36	-0.3	7:16	5:06	
12	Sat	9:57	3.5	10:28	3.2	3:42	-0.1	4:19	-0.4	7:16	5:07	
13	Sun	10:41	3.3	11:15	3.3	4:35	0.0	5:04	-0.4	7:16	5:08	
14	Mon	11:27	3.1			5:32	0.0	5:51	-0.4	7:16	5:09	
15	Tue	12:07	3.4	12:18	2.9	6:32	0.1	6:42	-0.4	7:15	5:10	
16	Wed	1:06	3.5	1:21	2.7	7:40	0.1	7:41	-0.3	7:15	5:11	
17	Thu	2:15	3.6	2:33	2.6	8:50	0.1	8:43	-0.4	7:15	5:12	
18	Fri	3:24	3.7	3:44	2.6	9:58	0.0	9:46	-0.4	7:14	5:13	
19	Sat	4:29	3.9	4:50	2.7	11:05	-0.2	10:50	-0.5	7:14	5:14	
20	Sun	5:31	4.0	5:54	2.9			12:07	-0.3	7:13	5:15	
21	Mon	6:28	4.1	6:50	3.0			1:00	-0.5	7:13	5:16	
22	Tue	7:18	4.1	7:40	3.2	12:49	-0.7	1:45	-0.6	7:12	5:17	
23	Wed	8:04	4.0	8:27	3.3	1:39	-0.7	2:28	-0.6	7:12	5:18	
24	Thu	8:47	3.8	9:14	3.3	2:26	-0.6	3:09	-0.6	7:11	5:19	
25	Fri	9:30	3.6	10:00	3.3	3:14	-0.4	3:51	-0.5	7:11	5:21	
26	Sat	10:10	3.3	10:44	3.2	4:04	-0.2	4:31	-0.3	7:10	5:22	
27	Sun	10:50	3.0	11:26	3.1	4:53	0.0	5:10	-0.2	7:09	5:23	
28	Mon	11:28	2.7			5:42	0.3	5:49	0.0	7:09	5:24	
29	Tue	12:09	3.0	12:10	2.4	6:32	0.4	6:31	0.2	7:08	5:25	
30	Wed	12:58	2.9	1:00	2.2	7:29	0.6	7:19	0.3	7:07	5:26	
31	Thu	1:59	2.9	2:05	2.1	8:31	0.6	8:13	0.3	7:07	5:27	