

































## Virginia Beach (outer coast), VA - Jan 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:21	3.3	10:52	2.9	4:08	0.3	4:45	0.0	7:16	4:58	
2	Fri	11:01	3.1	11:36	3.0	4:58	0.4	5:26	0.0	7:16	4:59	
3	Sat	11:45	2.9			5:51	0.4	6:10	-0.1	7:16	5:00	
4	Sun	12:25	3.2	12:35	2.8	6:50	0.4	7:00	-0.1	7:17	5:01	
5	Mon	1:23	3.3	1:37	2.6	7:55	0.3	7:57	-0.2	7:17	5:01	
6	Tue	2:29	3.5	2:46	2.6	9:01	0.2	8:56	-0.3	7:17	5:02	
7	Wed	3:32	3.8	3:52	2.7	10:05	0.0	9:56	-0.5	7:17	5:03	
8	Thu	4:34	4.0	4:56	2.8	11:09	-0.2	10:58	-0.6	7:16	5:04	
9	Fri	5:35	4.2	5:58	3.0			12:10	-0.5	7:16	5:05	
10	Sat	6:32	4.4	6:56	3.2			1:04	-0.7	7:16	5:06	
11	Sun	7:25	4.5	7:50	3.4	12:57	-0.9	1:53	-0.8	7:16	5:07	
12	Mon	8:16	4.4	8:43	3.5	1:50	-1.0	2:41	-0.9	7:16	5:08	
13	Tue	9:06	4.2	9:37	3.5	2:44	-0.8	3:30	-0.8	7:16	5:09	
14	Wed	9:56	3.9	10:30	3.5	3:40	-0.6	4:20	-0.7	7:15	5:10	
15	Thu	10:44	3.5	11:21	3.5	4:39	-0.4	5:08	-0.5	7:15	5:11	
16	Fri	11:31	3.1			5:37	-0.1	5:56	-0.3	7:15	5:12	
17	Sat	12:13	3.3	12:19	2.7	6:38	0.1	6:44	-0.1	7:14	5:13	
18	Sun	1:11	3.2	1:15	2.4	7:43	0.3	7:36	0.0	7:14	5:14	
19	Mon	2:17	3.1	2:25	2.3	8:49	0.4	8:31	0.2	7:14	5:15	
20	Tue	3:18	3.1	3:29	2.2	9:48	0.5	9:24	0.2	7:13	5:16	
21	Wed	4:11	3.1	4:24	2.2	10:44	0.4	10:15	0.2	7:13	5:17	
22	Thu	5:00	3.2	5:15	2.3	11:35	0.3	11:05	0.1	7:12	5:18	
23	Fri	5:45	3.3	6:01	2.4			12:19	0.2	7:11	5:19	
24	Sat	6:26	3.4	6:41	2.6			12:53	0.0	7:11	5:20	
25	Sun	7:02	3.5	7:17	2.7	12:33	-0.1	1:23	-0.1	7:10	5:21	
26	Mon	7:35	3.5	7:52	2.8	1:10	-0.2	1:52	-0.2	7:10	5:22	
27	Tue	8:08	3.5	8:27	2.9	1:46	-0.2	2:22	-0.3	7:09	5:23	
28	Wed	8:41	3.4	9:03	3.0	2:23	-0.2	2:55	-0.3	7:08	5:25	
29	Thu	9:17	3.3	9:42	3.1	3:03	-0.1	3:30	-0.3	7:08	5:26	
30	Fri	9:55	3.2	10:23	3.2	3:47	0.0	4:09	-0.3	7:07	5:27	
31	Sat	10:35	3.0	11:07	3.3	4:36	0.0	4:51	-0.3	7:06	5:28	