

































Virginia Beach (outer coast), VA - Oct 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:22	3.7	6:34	3.9	12:06	0.9	12:25	1.0	6:59	6:47	
2	Fri	7:00	4.0	7:13	3.9	12:43	0.7	1:09	0.8	7:00	6:45	
3	Sat	7:36	4.3	7:50	3.9	1:18	0.6	1:49	0.6	7:01	6:44	
4	Sun	8:12	4.5	8:27	3.9	1:52	0.4	2:28	0.5	7:02	6:42	
5	Mon	8:49	4.6	9:05	3.8	2:27	0.4	3:08	0.5	7:02	6:41	
6	Tue	9:28	4.7	9:46	3.7	3:04	0.4	3:51	0.5	7:03	6:40	
7	Wed	10:12	4.7	10:32	3.6	3:45	0.4	4:39	0.6	7:04	6:38	
8	Thu	11:00	4.6	11:23	3.5	4:32	0.5	5:33	0.7	7:05	6:37	
9	Fri	11:52	4.5			5:25	0.6	6:30	0.8	7:06	6:35	
10	Sat	12:17	3.4	12:48	4.4	6:25	0.7	7:32	0.8	7:07	6:34	
11	Sun	1:17	3.4	1:51	4.3	7:29	0.8	8:38	0.8	7:08	6:32	
12	Mon	2:31	3.5	3:05	4.2	8:41	0.8	9:42	0.7	7:09	6:31	
13	Tue	3:50	3.7	4:15	4.2	9:53	0.7	10:39	0.5	7:09	6:30	
14	Wed	4:55	4.0	5:15	4.2	11:00	0.6	11:32	0.3	7:10	6:28	
15	Thu	5:51	4.3	6:10	4.2			12:03	0.4	7:11	6:27	
16	Fri	6:44	4.6	7:02	4.2	12:23	0.2	1:02	0.3	7:12	6:26	
17	Sat	7:32	4.8	7:49	4.1	1:10	0.1	1:54	0.2	7:13	6:24	
18	Sun	8:16	4.9	8:33	4.0	1:53	0.1	2:39	0.2	7:14	6:23	
19	Mon	8:58	4.9	9:15	3.8	2:33	0.1	3:22	0.3	7:15	6:22	
20	Tue	9:40	4.7	9:58	3.6	3:13	0.3	4:05	0.5	7:16	6:20	
21	Wed	10:23	4.5	10:42	3.5	3:53	0.5	4:51	0.7	7:17	6:19	
22	Thu	11:07	4.3	11:28	3.3	4:37	0.7	5:39	0.9	7:18	6:18	
23	Fri	11:51	4.0			5:25	1.0	6:28	1.0	7:19	6:17	
24	Sat	12:14	3.2	12:37	3.8	6:16	1.2	7:18	1.1	7:20	6:15	
25	Sun	1:03	3.1	1:26	3.6	7:09	1.3	8:11	1.2	7:21	6:14	
26	Mon	2:03	3.0	2:24	3.5	8:07	1.4	9:03	1.1	7:22	6:13	
27	Tue	3:15	3.1	3:26	3.5	9:10	1.3	9:50	1.0	7:23	6:12	
28	Wed	4:12	3.3	4:19	3.5	10:07	1.2	10:30	0.9	7:24	6:11	
29	Thu	4:57	3.6	5:05	3.5	10:59	1.1	11:10	0.7	7:25	6:10	
30	Fri	5:38	3.8	5:49	3.5	11:49	0.9	11:51	0.6	7:26	6:08	
31	Sat	6:19	4.1	6:33	3.6			12:38	0.7	7:27	6:07	