
































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:00	4.4	6:17	3.6	12:33	0.4	12:24	0.5	6:28	5:06	
2	Mon	6:41	4.6	6:59	3.6	12:15	0.3	1:07	0.3	6:29	5:05	
3	Tue	7:22	4.8	7:42	3.6	12:57	0.1	1:49	0.2	6:30	5:04	
4	Wed	8:06	4.8	8:28	3.6	1:40	0.1	2:34	0.2	6:31	5:03	
5	Thu	8:54	4.8	9:18	3.5	2:25	0.1	3:25	0.3	6:32	5:02	
6	Fri	9:46	4.7	10:13	3.5	3:16	0.2	4:20	0.4	6:33	5:01	
7	Sat	10:40	4.5	11:11	3.4	4:14	0.3	5:19	0.4	6:34	5:00	
8	Sun	11:36	4.3			5:17	0.5	6:18	0.4	6:35	5:00	
9	Mon	12:13	3.5	12:37	4.0	6:23	0.6	7:20	0.4	6:36	4:59	
10	Tue	1:26	3.6	1:47	3.8	7:36	0.6	8:20	0.3	6:37	4:58	
11	Wed	2:41	3.8	2:57	3.7	8:49	0.6	9:15	0.2	6:38	4:57	
12	Thu	3:43	4.1	3:57	3.6	9:55	0.5	10:05	0.2	6:39	4:56	
13	Fri	4:36	4.3	4:51	3.6	10:57	0.4	10:55	0.1	6:40	4:56	
14	Sat	5:27	4.5	5:43	3.5	11:54	0.3	11:44	0.1	6:41	4:55	
15	Sun	6:13	4.6	6:30	3.5			12:43	0.2	6:42	4:54	
16	Mon	6:56	4.6	7:13	3.4	12:28	0.1	1:25	0.2	6:43	4:53	
17	Tue	7:36	4.5	7:54	3.4	1:09	0.1	2:04	0.2	6:44	4:53	
18	Wed	8:15	4.4	8:34	3.3	1:48	0.2	2:42	0.3	6:45	4:52	
19	Thu	8:55	4.2	9:16	3.2	2:26	0.4	3:22	0.4	6:46	4:52	
20	Fri	9:36	4.0	10:00	3.1	3:06	0.6	4:05	0.6	6:47	4:51	
21	Sat	10:18	3.8	10:45	3.0	3:51	0.7	4:50	0.6	6:48	4:51	
22	Sun	10:59	3.6	11:30	2.9	4:39	0.9	5:34	0.7	6:49	4:50	
23	Mon	11:41	3.4			5:29	1.0	6:17	0.7	6:50	4:50	
24	Tue	12:18	2.9	12:27	3.3	6:23	1.1	7:02	0.7	6:51	4:49	
25	Wed	1:13	3.0	1:20	3.1	7:21	1.1	7:49	0.6	6:52	4:49	
26	Thu	2:13	3.1	2:18	3.0	8:22	1.0	8:34	0.5	6:53	4:49	
27	Fri	3:06	3.4	3:13	3.0	9:18	0.8	9:19	0.4	6:54	4:48	
28	Sat	3:52	3.7	4:04	3.0	10:12	0.6	10:05	0.2	6:55	4:48	
29	Sun	4:38	4.0	4:54	3.1	11:05	0.4	10:53	0.1	6:56	4:48	
30	Mon	5:26	4.2	5:45	3.2	11:57	0.2	11:43	-0.1	6:57	4:47	