

































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

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:14	4.5	6:35	3.3			12:46	0.0	6:58	4:47	
2	Wed	7:02	4.6	7:24	3.3	12:33	-0.3	1:33	-0.2	6:59	4:47	
3	Thu	7:50	4.7	8:14	3.4	1:21	-0.4	2:20	-0.2	7:00	4:47	
4	Fri	8:40	4.6	9:07	3.4	2:11	-0.4	3:11	-0.2	7:01	4:47	
5	Sat	9:33	4.5	10:05	3.4	3:05	-0.3	4:06	-0.2	7:01	4:47	
6	Sun	10:27	4.3	11:03	3.4	4:04	-0.1	5:02	-0.2	7:02	4:47	
7	Mon	11:22	4.0			5:09	0.0	5:57	-0.1	7:03	4:47	
8	Tue	12:03	3.5	12:18	3.6	6:15	0.2	6:53	-0.1	7:04	4:47	
9	Wed	1:10	3.6	1:22	3.3	7:27	0.3	7:51	-0.1	7:05	4:47	
10	Thu	2:21	3.7	2:33	3.1	8:39	0.3	8:46	0.0	7:06	4:47	
11	Fri	3:24	3.8	3:36	2.9	9:45	0.3	9:39	0.0	7:06	4:47	
12	Sat	4:18	3.9	4:33	2.9	10:46	0.3	10:30	0.0	7:07	4:48	
13	Sun	5:09	4.0	5:26	2.9	11:43	0.2	11:21	0.0	7:08	4:48	
14	Mon	5:57	4.0	6:14	2.9			12:32	0.1	7:08	4:48	
15	Tue	6:40	4.0	6:57	2.9	12:09	0.0	1:12	0.1	7:09	4:48	
16	Wed	7:19	4.0	7:36	2.9	12:51	0.0	1:48	0.0	7:10	4:49	
17	Thu	7:56	3.9	8:14	2.9	1:29	0.0	2:22	0.1	7:10	4:49	
18	Fri	8:32	3.8	8:53	2.9	2:05	0.1	2:56	0.1	7:11	4:49	
19	Sat	9:09	3.7	9:34	2.8	2:42	0.2	3:33	0.1	7:12	4:50	
20	Sun	9:47	3.5	10:15	2.8	3:22	0.3	4:12	0.2	7:12	4:50	
21	Mon	10:25	3.3	10:56	2.8	4:07	0.5	4:51	0.2	7:13	4:51	
22	Tue	11:02	3.2	11:37	2.8	4:54	0.6	5:29	0.2	7:13	4:51	
23	Wed	11:42	3.0			5:43	0.7	6:09	0.2	7:14	4:52	
24	Thu	12:21	2.9	12:26	2.8	6:36	0.7	6:53	0.2	7:14	4:52	
25	Fri	1:13	3.0	1:20	2.6	7:35	0.7	7:41	0.2	7:14	4:53	
26	Sat	2:11	3.2	2:22	2.5	8:37	0.6	8:33	0.1	7:15	4:54	
27	Sun	3:08	3.4	3:22	2.6	9:35	0.4	9:26	-0.1	7:15	4:54	
28	Mon	4:03	3.7	4:20	2.7	10:33	0.2	10:21	-0.2	7:15	4:55	
29	Tue	4:57	4.0	5:17	2.8	11:32	-0.1	11:18	-0.4	7:16	4:56	
30	Wed	5:52	4.2	6:14	3.0			12:27	-0.3	7:16	4:56	
31	Thu	6:46	4.4	7:08	3.2	12:14	-0.6	1:17	-0.5	7:16	4:57	