

































Virginia Beach (outer coast), VA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:36	4.5	8:01	3.4	1:09	-0.8	2:04	-0.7	7:16	4:58	
2	Sat	8:26	4.5	8:54	3.5	2:01	-0.9	2:52	-0.8	7:16	4:59	
3	Sun	9:17	4.3	9:50	3.6	2:55	-0.8	3:43	-0.8	7:16	4:59	
4	Mon	10:10	4.0	10:46	3.6	3:53	-0.6	4:36	-0.7	7:17	5:00	
5	Tue	11:01	3.7	11:41	3.6	4:55	-0.4	5:28	-0.6	7:17	5:01	
6	Wed	11:53	3.3			5:59	-0.2	6:20	-0.5	7:17	5:02	
7	Thu	12:41	3.5	12:50	2.9	7:06	0.0	7:16	-0.3	7:17	5:03	
8	Fri	1:49	3.5	2:00	2.6	8:18	0.2	8:15	-0.2	7:17	5:04	
9	Sat	2:58	3.5	3:11	2.5	9:25	0.2	9:13	-0.1	7:16	5:05	
10	Sun	3:57	3.5	4:12	2.4	10:27	0.2	10:08	0.0	7:16	5:06	
11	Mon	4:51	3.5	5:07	2.5	11:25	0.2	11:03	0.0	7:16	5:07	
12	Tue	5:41	3.5	5:57	2.6			12:15	0.1	7:16	5:08	
13	Wed	6:25	3.5	6:41	2.7			12:55	0.0	7:16	5:09	
14	Thu	7:03	3.6	7:18	2.7	12:37	-0.1	1:28	-0.1	7:15	5:10	
15	Fri	7:37	3.6	7:54	2.8	1:13	-0.1	1:58	-0.1	7:15	5:11	
16	Sat	8:09	3.5	8:29	2.8	1:47	-0.1	2:27	-0.2	7:15	5:12	
17	Sun	8:42	3.4	9:05	2.9	2:21	-0.1	2:58	-0.2	7:14	5:13	
18	Mon	9:16	3.3	9:42	2.9	2:58	0.0	3:31	-0.2	7:14	5:14	
19	Tue	9:52	3.1	10:20	2.9	3:39	0.1	4:07	-0.1	7:14	5:15	
20	Wed	10:28	3.0	10:58	3.0	4:23	0.2	4:45	-0.1	7:13	5:16	
21	Thu	11:06	2.8	11:39	3.0	5:10	0.3	5:24	0.0	7:13	5:17	
22	Fri	11:48	2.6			6:00	0.4	6:08	0.0	7:12	5:18	
23	Sat	12:26	3.1	12:37	2.5	6:56	0.4	6:58	0.0	7:12	5:19	
24	Sun	1:24	3.2	1:39	2.4	7:59	0.4	7:56	-0.1	7:11	5:20	
25	Mon	2:30	3.3	2:49	2.4	9:03	0.2	8:57	-0.2	7:10	5:21	
26	Tue	3:34	3.5	3:54	2.6	10:06	0.1	9:58	-0.4	7:10	5:22	
27	Wed	4:35	3.8	4:57	2.8	11:08	-0.2	11:00	-0.6	7:09	5:23	
28	Thu	5:34	4.0	5:58	3.1			12:06	-0.5	7:08	5:24	
29	Fri	6:30	4.2	6:54	3.4	12:01	-0.9	12:57	-0.8	7:08	5:25	
30	Sat	7:21	4.3	7:46	3.6	12:57	-1.0	1:44	-1.0	7:07	5:26	
31	Sun	8:10	4.3	8:37	3.8	1:50	-1.1	2:30	-1.0	7:06	5:28	