

































## Virginia Beach (outer coast), VA - Oct 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:26	3.3	2:00	4.2	7:39	0.9	8:45	0.9	6:59	6:47	
2	Sat	2:36	3.4	3:10	4.2	8:47	0.8	9:47	0.8	7:00	6:46	
3	Sun	3:50	3.6	4:17	4.3	9:56	0.7	10:43	0.5	7:00	6:44	
4	Mon	4:54	4.0	5:17	4.4	11:00	0.5	11:37	0.3	7:01	6:43	
5	Tue	5:53	4.4	6:14	4.5			12:04	0.3	7:02	6:41	
6	Wed	6:48	4.8	7:08	4.5	12:30	0.0	1:04	0.1	7:03	6:40	
7	Thu	7:40	5.1	8:00	4.4	1:21	-0.1	1:59	-0.1	7:04	6:38	
8	Fri	8:29	5.2	8:48	4.3	2:07	-0.2	2:50	-0.1	7:05	6:37	
9	Sat	9:17	5.2	9:37	4.1	2:53	-0.2	3:40	0.0	7:06	6:36	
10	Sun	10:07	5.1	10:28	3.9	3:39	0.0	4:33	0.2	7:07	6:34	
11	Mon	10:59	4.8	11:21	3.7	4:29	0.3	5:30	0.5	7:07	6:33	
12	Tue	11:51	4.5			5:23	0.6	6:27	0.7	7:08	6:31	
13	Wed	12:13	3.5	12:43	4.2	6:20	0.8	7:26	0.9	7:09	6:30	
14	Thu	1:09	3.3	1:40	3.9	7:20	1.0	8:28	1.1	7:10	6:29	
15	Fri	2:17	3.2	2:48	3.7	8:27	1.2	9:27	1.1	7:11	6:27	
16	Sat	3:35	3.3	3:52	3.6	9:34	1.2	10:16	1.1	7:12	6:26	
17	Sun	4:32	3.4	4:43	3.6	10:31	1.2	10:57	1.0	7:13	6:25	
18	Mon	5:18	3.6	5:26	3.6	11:22	1.1	11:34	0.9	7:14	6:23	
19	Tue	5:58	3.8	6:07	3.6			12:09	1.0	7:15	6:22	
20	Wed	6:36	4.0	6:47	3.6	12:10	0.8	12:52	0.9	7:16	6:21	
21	Thu	7:11	4.2	7:25	3.6	12:46	0.7	1:30	0.8	7:17	6:19	
22	Fri	7:45	4.3	8:01	3.6	1:21	0.6	2:06	0.6	7:18	6:18	
23	Sat	8:19	4.4	8:36	3.6	1:55	0.5	2:40	0.6	7:19	6:17	
24	Sun	8:54	4.5	9:12	3.5	2:30	0.5	3:17	0.6	7:19	6:16	
25	Mon	9:32	4.5	9:52	3.4	3:06	0.5	3:57	0.6	7:20	6:14	
26	Tue	10:14	4.4	10:37	3.4	3:46	0.6	4:43	0.7	7:21	6:13	
27	Wed	11:00	4.4	11:25	3.3	4:32	0.6	5:33	0.7	7:22	6:12	
28	Thu	11:49	4.3			5:25	0.7	6:27	0.7	7:23	6:11	
29	Fri	12:18	3.3	12:41	4.2	6:24	0.8	7:23	0.7	7:24	6:10	
30	Sat	1:16	3.4	1:39	4.1	7:27	0.8	8:22	0.6	7:25	6:09	
31	Sun	2:24	3.5	2:46	4.0	8:36	0.8	9:21	0.5	7:26	6:08	