

































## Virginia Beach (outer coast), VA - Jan 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	4:09	3.6	4:22	2.8	10:32	0.1	10:23	-0.2	7:16	4:58	
2	Wed	5:01	3.7	5:16	2.7	11:30	0.0	11:14	-0.2	7:16	4:58	
3	Thu	5:48	3.8	6:04	2.7			12:21	0.0	7:16	4:59	
4	Fri	6:31	3.8	6:47	2.8	12:01	-0.2	1:02	-0.1	7:17	5:00	
5	Sat	7:10	3.8	7:25	2.8	12:42	-0.2	1:37	-0.1	7:17	5:01	
6	Sun	7:45	3.7	8:02	2.8	1:19	-0.2	2:09	-0.1	7:17	5:02	
7	Mon	8:20	3.7	8:39	2.8	1:54	-0.1	2:41	-0.1	7:17	5:03	
8	Tue	8:56	3.6	9:18	2.7	2:29	0.0	3:16	-0.1	7:16	5:04	
9	Wed	9:32	3.4	9:58	2.7	3:08	0.1	3:54	0.0	7:16	5:05	
10	Thu	10:10	3.3	10:38	2.7	3:50	0.2	4:33	0.0	7:16	5:05	
11	Fri	10:48	3.1	11:19	2.7	4:36	0.3	5:13	0.1	7:16	5:06	
12	Sat	11:27	2.9			5:24	0.4	5:54	0.1	7:16	5:07	
13	Sun	12:02	2.8	12:10	2.8	6:15	0.5	6:38	0.1	7:16	5:08	
14	Mon	12:51	2.8	1:02	2.6	7:12	0.5	7:27	0.0	7:15	5:09	
15	Tue	1:50	3.0	2:03	2.5	8:14	0.4	8:20	-0.1	7:15	5:10	
16	Wed	2:50	3.2	3:06	2.6	9:15	0.2	9:14	-0.2	7:15	5:11	
17	Thu	3:47	3.5	4:05	2.7	10:15	0.0	10:10	-0.4	7:14	5:12	
18	Fri	4:43	3.8	5:04	2.8	11:15	-0.2	11:07	-0.6	7:14	5:13	
19	Sat	5:39	4.1	6:03	3.0			12:12	-0.5	7:14	5:14	
20	Sun	6:34	4.3	6:57	3.2	12:05	-0.8	1:04	-0.7	7:13	5:16	
21	Mon	7:26	4.5	7:50	3.4	12:59	-1.0	1:52	-0.9	7:13	5:17	
22	Tue	8:16	4.4	8:43	3.5	1:51	-1.1	2:42	-1.0	7:12	5:18	
23	Wed	9:08	4.3	9:38	3.6	2:44	-1.0	3:33	-0.9	7:12	5:19	
24	Thu	10:00	4.1	10:34	3.6	3:42	-0.8	4:26	-0.8	7:11	5:20	
25	Fri	10:52	3.7	11:29	3.5	4:43	-0.6	5:19	-0.7	7:11	5:21	
26	Sat	11:44	3.4			5:45	-0.3	6:12	-0.5	7:10	5:22	
27	Sun	12:28	3.4	12:40	3.0	6:50	-0.1	7:08	-0.4	7:09	5:23	
28	Mon	1:34	3.3	1:48	2.7	8:01	0.1	8:07	-0.2	7:09	5:24	
29	Tue	2:45	3.3	3:00	2.5	9:10	0.2	9:05	-0.1	7:08	5:25	
30	Wed	3:46	3.3	4:02	2.5	10:12	0.2	10:00	-0.1	7:07	5:26	
31	Thu	4:40	3.4	4:57	2.5	11:10	0.1	10:53	0.0	7:06	5:27	