US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Jan 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	**7:42**	4.1	**8:04**	3.1	**1:15**	-0.5	**2:07**	-0.4	7:16	4:58	
2	Tue	**8:25**	4.1	**8:51**	3.2	**2:01**	-0.5	**2:50**	-0.5	7:16	4:59	
3	Wed	**9:11**	4.0	**9:42**	3.4	**2:50**	-0.5	**3:35**	-0.6	7:16	5:00	
4	Thu	**9:58**	3.8	**10:34**	3.5	**3:44**	-0.4	**4:24**	-0.6	7:17	5:01	
5	Fri	**10:47**	3.6	**11:27**	3.5	**4:42**	-0.3	**5:14**	-0.5	7:17	5:01	
6	Sat	**11:38**	3.3			**5:42**	-0.1	**6:05**	-0.5	7:17	5:02	
7	Sun	**12:23**	3.6	**12:33**	3.0	**6:47**	0.0	**7:00**	-0.4	7:16	5:03	
8	Mon	**1:29**	3.6	**1:40**	2.8	**7:57**	0.1	**8:01**	-0.3	7:16	5:04	
9	Tue	**2:40**	3.6	**2:54**	2.6	**9:08**	0.1	**9:02**	-0.3	7:16	5:05	
10	Wed	**3:46**	3.7	**4:02**	2.6	**10:14**	0.0	**10:03**	-0.3	7:16	5:06	
11	Thu	**4:46**	3.8	**5:05**	2.7	**11:18**	-0.1	**11:04**	-0.4	7:16	5:07	
12	Fri	**5:43**	3.9	**6:02**	2.8			**12:15**	-0.2	7:16	5:08	
13	Sat	**6:33**	3.9	**6:52**	2.9	**12:02**	-0.4	**1:02**	-0.3	7:16	5:09	
14	Sun	**7:17**	3.9	**7:36**	3.0	**12:52**	-0.4	**1:42**	-0.4	7:15	5:10	
15	Mon	**7:57**	3.8	**8:17**	3.1	**1:35**	-0.4	**2:18**	-0.4	7:15	5:11	
16	Tue	**8:34**	3.7	**8:57**	3.1	**2:15**	-0.3	**2:53**	-0.4	7:15	5:12	
17	Wed	**9:11**	3.5	**9:37**	3.0	**2:55**	-0.2	**3:28**	-0.3	7:14	5:13	
18	Thu	**9:48**	3.3	**10:17**	3.0	**3:36**	0.0	**4:05**	-0.2	7:14	5:14	
19	Fri	**10:25**	3.0	**10:56**	3.0	**4:20**	0.2	**4:41**	-0.1	7:13	5:15	
20	Sat	**11:02**	2.8	**11:35**	2.9	**5:05**	0.3	**5:19**	0.0	7:13	5:16	
21	Sun	**11:41**	2.6			**5:51**	0.4	**5:59**	0.1	7:12	5:17	
22	Mon	**12:17**	2.9	**12:25**	2.4	**6:42**	0.5	**6:43**	0.2	7:12	5:18	
23	Tue	**1:08**	2.9	**1:19**	2.2	**7:40**	0.6	**7:34**	0.2	7:11	5:19	
24	Wed	**2:10**	2.9	**2:24**	2.2	**8:41**	0.5	**8:29**	0.2	7:11	5:20	
25	Thu	**3:11**	3.1	**3:26**	2.2	**9:39**	0.4	**9:24**	0.1	7:10	5:21	
26	Fri	**4:06**	3.3	**4:23**	2.4	**10:35**	0.2	**10:19**	-0.1	7:09	5:23	
27	Sat	**4:58**	3.5	**5:17**	2.6	**11:29**	0.0	**11:15**	-0.3	7:09	5:24	
28	Sun	**5:49**	3.7	**6:10**	2.9			**12:18**	-0.3	7:08	5:25	
29	Mon	**6:37**	3.9	**6:58**	3.2	**12:09**	-0.6	**1:01**	-0.5	7:07	5:26	
30	Tue	**7:22**	4.1	**7:45**	3.4	**1:00**	-0.8	**1:43**	-0.7	7:07	5:27	
31	Wed	**8:06**	4.1	**8:33**	3.6	**1:48**	-0.9	**2:25**	-0.9	7:06	5:28	