US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Jan 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	**4:46**	4.1	**5:05**	3.0	**11:16**	-0.3	**11:09**	-0.6	7:16	4:58	
2	Wed	**5:45**	4.3	**6:06**	3.1			**12:16**	-0.5	7:16	4:59	
3	Thu	**6:40**	4.4	**7:02**	3.3	**12:09**	-0.7	**1:08**	-0.6	7:16	5:00	
4	Fri	**7:30**	4.4	**7:52**	3.3	**1:04**	-0.8	**1:55**	-0.7	7:16	5:00	
5	Sat	**8:18**	4.2	**8:42**	3.4	**1:54**	-0.7	**2:40**	-0.7	7:17	5:01	
6	Sun	**9:04**	4.0	**9:32**	3.3	**2:43**	-0.6	**3:26**	-0.6	7:17	5:02	
7	Mon	**9:49**	3.7	**10:20**	3.3	**3:34**	-0.3	**4:12**	-0.4	7:17	5:03	
8	Tue	**10:33**	3.4	**11:07**	3.2	**4:27**	-0.1	**4:56**	-0.3	7:16	5:04	
9	Wed	**11:15**	3.1	**11:52**	3.1	**5:19**	0.1	**5:38**	-0.1	7:16	5:05	
10	Thu	**11:57**	2.8			**6:12**	0.4	**6:21**	0.0	7:16	5:06	
11	Fri	**12:41**	3.0	**12:44**	2.5	**7:08**	0.5	**7:06**	0.1	7:16	5:07	
12	Sat	**1:39**	2.9	**1:43**	2.3	**8:10**	0.6	**7:55**	0.2	7:16	5:08	
13	Sun	**2:41**	2.9	**2:48**	2.3	**9:09**	0.6	**8:46**	0.2	7:16	5:09	
14	Mon	**3:35**	3.0	**3:45**	2.3	**10:02**	0.5	**9:35**	0.2	7:15	5:10	
15	Tue	**4:23**	3.1	**4:37**	2.3	**10:54**	0.4	**10:24**	0.1	7:15	5:11	
16	Wed	**5:09**	3.3	**5:26**	2.5	**11:42**	0.2	**11:14**	0.0	7:15	5:12	
17	Thu	**5:53**	3.4	**6:11**	2.6			**12:23**	0.0	7:14	5:13	
18	Fri	**6:34**	3.6	**6:52**	2.8	**12:01**	-0.2	**12:59**	-0.2	7:14	5:14	
19	Sat	**7:11**	3.7	**7:31**	2.9	**12:45**	-0.3	**1:33**	-0.3	7:14	5:15	
20	Sun	**7:48**	3.8	**8:11**	3.1	**1:26**	-0.4	**2:08**	-0.4	7:13	5:16	
21	Mon	**8:27**	3.7	**8:53**	3.2	**2:08**	-0.5	**2:46**	-0.5	7:13	5:17	
22	Tue	**9:08**	3.6	**9:38**	3.4	**2:53**	-0.4	**3:27**	-0.6	7:12	5:18	
23	Wed	**9:51**	3.5	**10:25**	3.5	**3:43**	-0.4	**4:11**	-0.6	7:11	5:19	
24	Thu	**10:37**	3.3	**11:15**	3.5	**4:37**	-0.3	**4:59**	-0.5	7:11	5:20	
25	Fri	**11:26**	3.1			**5:34**	-0.1	**5:49**	-0.5	7:10	5:21	
26	Sat	**12:08**	3.5	**12:19**	2.9	**6:35**	0.0	**6:45**	-0.4	7:10	5:22	
27	Sun	**1:10**	3.5	**1:24**	2.7	**7:42**	0.0	**7:47**	-0.4	7:09	5:23	
28	Mon	**2:23**	3.5	**2:40**	2.6	**8:53**	0.0	**8:53**	-0.4	7:08	5:24	
29	Tue	**3:34**	3.6	**3:52**	2.7	**10:01**	-0.1	**9:58**	-0.4	7:08	5:26	
30	Wed	**4:38**	3.8	**4:58**	2.8	**11:06**	-0.2	**11:03**	-0.5	7:07	5:27	
31	Thu	**5:38**	3.9	**5:59**	3.0			**12:05**	-0.4	7:06	5:28	