

































## Virginia Beach (outer coast), VA - Jan 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:17	3.9	4:36	3.1	10:44	-0.2	10:40	-0.6	7:16	4:58	
2	Mon	5:15	4.1	5:37	3.2	11:46	-0.4	11:39	-0.7	7:16	4:59	
3	Tue	6:11	4.2	6:33	3.2			12:41	-0.5	7:16	5:00	
4	Wed	7:01	4.3	7:23	3.3	12:33	-0.7	1:29	-0.6	7:16	5:00	
5	Thu	7:47	4.2	8:11	3.3	1:22	-0.7	2:13	-0.6	7:17	5:01	
6	Fri	8:32	4.1	8:58	3.3	2:08	-0.6	2:57	-0.5	7:17	5:02	
7	Sat	9:15	3.8	9:45	3.2	2:54	-0.4	3:41	-0.4	7:16	5:03	
8	Sun	9:58	3.6	10:31	3.1	3:42	-0.2	4:26	-0.3	7:16	5:04	
9	Mon	10:39	3.3	11:15	3.0	4:31	0.0	5:08	-0.1	7:16	5:05	
10	Tue	11:19	3.0	11:59	2.9	5:20	0.2	5:49	0.0	7:16	5:06	
11	Wed			12:01	2.8	6:09	0.4	6:32	0.1	7:16	5:07	
12	Thu	12:49	2.8	12:48	2.6	7:03	0.5	7:17	0.2	7:16	5:08	
13	Fri	1:47	2.8	1:46	2.4	8:02	0.6	8:07	0.2	7:16	5:09	
14	Sat	2:47	2.9	2:49	2.4	9:00	0.5	8:56	0.2	7:15	5:10	
15	Sun	3:38	3.0	3:44	2.4	9:53	0.4	9:44	0.1	7:15	5:11	
16	Mon	4:26	3.2	4:35	2.5	10:44	0.3	10:33	0.0	7:15	5:12	
17	Tue	5:12	3.4	5:25	2.6	11:34	0.1	11:22	-0.2	7:14	5:13	
18	Wed	5:56	3.6	6:11	2.8			12:19	-0.1	7:14	5:14	
19	Thu	6:39	3.8	6:55	2.9	12:10	-0.3	12:59	-0.3	7:13	5:15	
20	Fri	7:19	3.9	7:37	3.1	12:55	-0.5	1:39	-0.5	7:13	5:16	
21	Sat	8:00	4.0	8:21	3.2	1:38	-0.6	2:19	-0.6	7:13	5:17	
22	Sun	8:43	3.9	9:07	3.4	2:23	-0.6	3:02	-0.7	7:12	5:18	
23	Mon	9:29	3.8	9:57	3.4	3:12	-0.6	3:48	-0.7	7:11	5:19	
24	Tue	10:16	3.7	10:48	3.5	4:06	-0.5	4:38	-0.7	7:11	5:20	
25	Wed	11:06	3.5	11:41	3.5	5:03	-0.3	5:29	-0.6	7:10	5:21	
26	Thu	11:58	3.2			6:03	-0.2	6:23	-0.5	7:10	5:22	
27	Fri	12:40	3.5	12:58	3.0	7:09	-0.1	7:22	-0.5	7:09	5:23	
28	Sat	1:49	3.5	2:10	2.8	8:20	0.0	8:25	-0.4	7:08	5:24	
29	Sun	3:02	3.5	3:23	2.8	9:29	-0.1	9:28	-0.4	7:07	5:26	
30	Mon	4:07	3.6	4:28	2.8	10:35	-0.2	10:29	-0.5	7:07	5:27	
31	Tue	5:07	3.8	5:29	3.0	11:37	-0.3	11:30	-0.5	7:06	5:28	