

































## Virginia Beach (outer coast), VA - Jan 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:16	4.1	5:38	2.9	11:53	-0.3	11:38	-0.6	7:16	4:58	
2	Mon	6:13	4.4	6:36	3.1			12:48	-0.5	7:16	4:59	
3	Tue	7:07	4.5	7:30	3.2	12:36	-0.8	1:38	-0.7	7:16	5:00	
4	Wed	7:58	4.5	8:24	3.4	1:30	-0.9	2:27	-0.8	7:16	5:01	
5	Thu	8:50	4.4	9:19	3.5	2:23	-0.9	3:17	-0.8	7:16	5:02	
6	Fri	9:42	4.2	10:16	3.5	3:20	-0.7	4:09	-0.7	7:16	5:02	
7	Sat	10:34	3.8	11:11	3.5	4:21	-0.5	5:01	-0.6	7:16	5:03	
8	Sun	11:24	3.4			5:23	-0.3	5:51	-0.5	7:16	5:04	
9	Mon	12:06	3.5	12:16	3.0	6:27	0.0	6:43	-0.3	7:16	5:05	
10	Tue	1:08	3.4	1:15	2.7	7:36	0.2	7:37	-0.2	7:16	5:06	
11	Wed	2:16	3.4	2:26	2.4	8:45	0.3	8:33	0.0	7:16	5:07	
12	Thu	3:19	3.3	3:31	2.3	9:48	0.3	9:27	0.1	7:16	5:08	
13	Fri	4:13	3.3	4:28	2.3	10:47	0.3	10:20	0.1	7:15	5:09	
14	Sat	5:04	3.4	5:20	2.4	11:41	0.3	11:12	0.1	7:15	5:10	
15	Sun	5:51	3.4	6:07	2.5			12:26	0.2	7:15	5:11	
16	Mon	6:32	3.4	6:48	2.6	12:00	0.0	1:03	0.1	7:15	5:12	
17	Tue	7:09	3.5	7:24	2.6	12:41	0.0	1:34	0.0	7:14	5:13	
18	Wed	7:42	3.5	7:59	2.7	1:16	-0.1	2:03	-0.1	7:14	5:14	
19	Thu	8:15	3.5	8:34	2.8	1:50	-0.1	2:32	-0.1	7:13	5:15	
20	Fri	8:48	3.4	9:10	2.8	2:25	0.0	3:04	-0.2	7:13	5:16	
21	Sat	9:22	3.3	9:47	2.9	3:03	0.0	3:38	-0.2	7:12	5:17	
22	Sun	9:57	3.1	10:26	2.9	3:45	0.1	4:14	-0.1	7:12	5:18	
23	Mon	10:34	3.0	11:05	3.0	4:31	0.2	4:52	-0.1	7:11	5:19	
24	Tue	11:14	2.8	11:49	3.1	5:20	0.3	5:33	-0.1	7:11	5:20	
25	Wed	11:59	2.6			6:13	0.3	6:19	-0.1	7:10	5:22	
26	Thu	12:40	3.2	12:53	2.4	7:13	0.3	7:13	-0.1	7:09	5:23	
27	Fri	1:42	3.3	2:00	2.4	8:20	0.3	8:14	-0.2	7:09	5:24	
28	Sat	2:51	3.5	3:12	2.4	9:26	0.1	9:17	-0.3	7:08	5:25	
29	Sun	3:57	3.7	4:18	2.6	10:31	-0.1	10:21	-0.5	7:07	5:26	
30	Mon	4:59	3.9	5:23	2.8	11:35	-0.3	11:25	-0.7	7:06	5:27	
31	Tue	6:00	4.1	6:23	3.1			12:31	-0.6	7:06	5:28	