

































Virginia Beach (outer coast), VA - Jan 2054

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:20	3.4	1:33	3.1	7:38	0.1	8:01	-0.3	7:16	4:58	
2	Fri	2:32	3.4	2:44	2.8	8:49	0.2	8:57	-0.2	7:16	4:59	
3	Sat	3:33	3.5	3:45	2.7	9:52	0.2	9:49	-0.1	7:16	5:00	
4	Sun	4:26	3.5	4:39	2.7	10:51	0.2	10:39	-0.1	7:16	5:00	
5	Mon	5:15	3.6	5:29	2.7	11:45	0.1	11:28	-0.1	7:16	5:01	
6	Tue	5:59	3.6	6:14	2.7			12:30	0.0	7:16	5:02	
7	Wed	6:39	3.7	6:54	2.8	12:11	-0.1	1:06	-0.1	7:16	5:03	
8	Thu	7:14	3.7	7:30	2.8	12:49	-0.2	1:38	-0.1	7:16	5:04	
9	Fri	7:48	3.6	8:05	2.8	1:23	-0.2	2:08	-0.2	7:16	5:05	
10	Sat	8:22	3.6	8:41	2.8	1:57	-0.1	2:40	-0.2	7:16	5:06	
11	Sun	8:57	3.5	9:19	2.8	2:33	0.0	3:14	-0.1	7:16	5:07	
12	Mon	9:33	3.4	9:58	2.8	3:11	0.1	3:52	-0.1	7:16	5:08	
13	Tue	10:10	3.3	10:38	2.8	3:54	0.2	4:32	-0.1	7:15	5:09	
14	Wed	10:49	3.1	11:19	2.8	4:40	0.3	5:12	0.0	7:15	5:10	
15	Thu	11:30	3.0			5:29	0.3	5:55	0.0	7:15	5:11	
16	Fri	12:04	2.9	12:15	2.8	6:22	0.4	6:42	-0.1	7:15	5:12	
17	Sat	12:56	3.0	1:10	2.7	7:21	0.3	7:35	-0.1	7:14	5:13	
18	Sun	1:58	3.2	2:15	2.7	8:25	0.2	8:32	-0.3	7:14	5:14	
19	Mon	3:01	3.4	3:20	2.7	9:27	0.0	9:29	-0.4	7:13	5:15	
20	Tue	4:01	3.7	4:21	2.9	10:29	-0.2	10:28	-0.6	7:13	5:16	
21	Wed	4:59	4.0	5:23	3.1	11:30	-0.5	11:28	-0.8	7:12	5:17	
22	Thu	5:57	4.2	6:21	3.3			12:27	-0.7	7:12	5:18	
23	Fri	6:52	4.4	7:16	3.5	12:25	-1.0	1:18	-0.9	7:11	5:19	
24	Sat	7:43	4.5	8:09	3.6	1:19	-1.1	2:07	-1.0	7:11	5:20	
25	Sun	8:34	4.4	9:03	3.7	2:12	-1.1	2:57	-1.0	7:10	5:21	
26	Mon	9:26	4.2	9:58	3.7	3:06	-1.0	3:49	-1.0	7:09	5:22	
27	Tue	10:18	3.9	10:52	3.6	4:04	-0.8	4:42	-0.8	7:09	5:23	
28	Wed	11:09	3.5	11:47	3.5	5:05	-0.5	5:35	-0.6	7:08	5:25	
29	Thu			12:00	3.2	6:06	-0.2	6:28	-0.4	7:07	5:26	
30	Fri	12:46	3.3	12:58	2.8	7:11	0.0	7:25	-0.2	7:07	5:27	
31	Sat	1:54	3.2	2:08	2.6	8:21	0.2	8:24	-0.1	7:06	5:28	