

































## Virginia Beach (outer coast), VA - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:18	3.8	6:37	2.8			12:48	-0.1	7:16	4:58	
2	Sun	6:59	3.9	7:18	2.9	12:29	-0.2	1:26	-0.2	7:16	4:58	
3	Mon	7:38	4.0	8:00	2.9	1:11	-0.4	2:04	-0.3	7:16	4:59	
4	Tue	8:20	4.0	8:44	3.0	1:54	-0.4	2:46	-0.4	7:16	5:00	
5	Wed	9:03	4.0	9:32	3.1	2:39	-0.4	3:31	-0.4	7:16	5:01	
6	Thu	9:50	3.9	10:22	3.1	3:29	-0.3	4:19	-0.4	7:16	5:02	
7	Fri	10:38	3.7	11:14	3.2	4:25	-0.2	5:09	-0.4	7:16	5:03	
8	Sat	11:28	3.5			5:23	-0.1	6:00	-0.4	7:16	5:04	
9	Sun	12:09	3.3	12:21	3.3	6:25	0.0	6:54	-0.4	7:16	5:05	
10	Mon	1:12	3.4	1:24	3.0	7:33	0.0	7:53	-0.4	7:16	5:05	
11	Tue	2:22	3.5	2:35	2.9	8:43	0.0	8:52	-0.4	7:16	5:06	
12	Wed	3:28	3.7	3:43	2.8	9:50	-0.1	9:50	-0.5	7:16	5:07	
13	Thu	4:28	3.9	4:45	2.8	10:55	-0.2	10:48	-0.5	7:16	5:08	
14	Fri	5:25	4.0	5:45	2.9	11:56	-0.4	11:47	-0.6	7:15	5:09	
15	Sat	6:19	4.1	6:39	3.0			12:49	-0.5	7:15	5:10	
16	Sun	7:07	4.1	7:27	3.1	12:40	-0.6	1:34	-0.5	7:15	5:11	
17	Mon	7:51	4.0	8:12	3.1	1:26	-0.6	2:16	-0.5	7:14	5:12	
18	Tue	8:34	3.9	8:56	3.0	2:10	-0.5	2:56	-0.4	7:14	5:13	
19	Wed	9:15	3.7	9:40	3.0	2:53	-0.3	3:37	-0.3	7:14	5:14	
20	Thu	9:55	3.5	10:23	2.9	3:38	-0.1	4:18	-0.2	7:13	5:15	
21	Fri	10:35	3.2	11:05	2.9	4:24	0.1	4:58	-0.1	7:13	5:17	
22	Sat	11:13	3.0	11:47	2.8	5:11	0.3	5:37	0.0	7:12	5:18	
23	Sun	11:53	2.7			5:59	0.4	6:18	0.1	7:12	5:19	
24	Mon	12:32	2.8	12:39	2.5	6:52	0.5	7:02	0.2	7:11	5:20	
25	Tue	1:26	2.8	1:35	2.4	7:50	0.6	7:51	0.2	7:10	5:21	
26	Wed	2:27	2.8	2:38	2.3	8:50	0.5	8:41	0.2	7:10	5:22	
27	Thu	3:22	3.0	3:36	2.3	9:45	0.4	9:31	0.1	7:09	5:23	
28	Fri	4:12	3.2	4:29	2.4	10:39	0.3	10:22	0.0	7:08	5:24	
29	Sat	5:01	3.4	5:20	2.5	11:31	0.1	11:14	-0.2	7:08	5:25	
30	Sun	5:49	3.6	6:09	2.7			12:18	-0.2	7:07	5:26	
31	Mon	6:34	3.8	6:55	2.9	12:05	-0.4	1:01	-0.4	7:06	5:27	