

































Virginia Beach (outer coast), VA - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:31	3.8	3:45	3.0	9:53	-0.1	9:55	-0.5	7:16	4:58	
2	Tue	4:30	4.1	4:47	3.0	10:57	-0.3	10:53	-0.6	7:16	4:59	
3	Wed	5:28	4.3	5:49	3.1	11:59	-0.5	11:52	-0.8	7:16	5:00	
4	Thu	6:24	4.5	6:46	3.2			12:55	-0.7	7:16	5:01	
5	Fri	7:17	4.5	7:40	3.3	12:48	-0.8	1:45	-0.8	7:16	5:02	
6	Sat	8:08	4.4	8:32	3.3	1:40	-0.8	2:34	-0.7	7:16	5:02	
7	Sun	8:58	4.3	9:25	3.2	2:31	-0.7	3:25	-0.6	7:16	5:03	
8	Mon	9:48	4.0	10:18	3.2	3:25	-0.5	4:16	-0.5	7:16	5:04	
9	Tue	10:37	3.7	11:10	3.1	4:21	-0.3	5:06	-0.4	7:16	5:05	
10	Wed	11:23	3.3			5:19	0.0	5:53	-0.2	7:16	5:06	
11	Thu	12:00	3.0	12:09	3.0	6:17	0.2	6:40	-0.1	7:16	5:07	
12	Fri	12:56	2.9	1:01	2.7	7:19	0.4	7:27	0.1	7:16	5:08	
13	Sat	1:59	2.9	2:02	2.5	8:23	0.5	8:15	0.1	7:15	5:09	
14	Sun	2:59	3.0	3:03	2.4	9:22	0.5	9:02	0.2	7:15	5:10	
15	Mon	3:48	3.1	3:57	2.3	10:15	0.4	9:47	0.2	7:15	5:11	
16	Tue	4:33	3.2	4:46	2.4	11:06	0.3	10:32	0.1	7:14	5:12	
17	Wed	5:17	3.3	5:33	2.4	11:53	0.2	11:19	0.0	7:14	5:13	
18	Thu	5:59	3.4	6:17	2.5			12:32	0.1	7:14	5:14	
19	Fri	6:38	3.6	6:56	2.6	12:04	-0.1	1:07	-0.1	7:13	5:15	
20	Sat	7:15	3.7	7:34	2.7	12:45	-0.2	1:40	-0.2	7:13	5:16	
21	Sun	7:51	3.7	8:11	2.8	1:24	-0.3	2:14	-0.3	7:12	5:17	
22	Mon	8:28	3.7	8:51	2.9	2:04	-0.3	2:50	-0.3	7:12	5:18	
23	Tue	9:07	3.7	9:34	3.0	2:46	-0.3	3:30	-0.4	7:11	5:19	
24	Wed	9:48	3.6	10:20	3.1	3:32	-0.2	4:13	-0.4	7:11	5:21	
25	Thu	10:32	3.4	11:07	3.2	4:24	-0.2	4:58	-0.4	7:10	5:22	
26	Fri	11:18	3.2	11:58	3.3	5:19	-0.1	5:45	-0.4	7:09	5:23	
27	Sat			12:08	3.0	6:17	0.0	6:37	-0.4	7:09	5:24	
28	Sun	12:55	3.4	1:08	2.8	7:22	0.0	7:34	-0.4	7:08	5:25	
29	Mon	2:03	3.5	2:19	2.7	8:32	0.0	8:36	-0.4	7:07	5:26	
30	Tue	3:12	3.6	3:30	2.7	9:39	-0.1	9:38	-0.5	7:06	5:27	
31	Wed	4:16	3.8	4:36	2.8	10:45	-0.2	10:40	-0.6	7:06	5:28	