
































## Virginia Beach (outer coast), VA - Jan 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:01	3.5	4:12	2.6	10:24	0.2	10:16	-0.2	7:16	4:58	
2	Mon	4:53	3.8	5:08	2.8	11:19	0.0	11:11	-0.4	7:16	4:58	
3	Tue	5:45	4.0	6:02	3.0			12:12	-0.3	7:16	4:59	
4	Wed	6:35	4.2	6:54	3.2	12:05	-0.6	1:00	-0.6	7:16	5:00	
5	Thu	7:23	4.4	7:44	3.4	12:57	-0.8	1:46	-0.7	7:16	5:01	
6	Fri	8:11	4.4	8:35	3.5	1:47	-0.8	2:33	-0.8	7:16	5:02	
7	Sat	9:00	4.3	9:29	3.6	2:39	-0.8	3:22	-0.9	7:16	5:03	
8	Sun	9:52	4.1	10:24	3.6	3:35	-0.7	4:14	-0.8	7:16	5:04	
9	Mon	10:43	3.8	11:19	3.6	4:35	-0.5	5:06	-0.7	7:16	5:05	
10	Tue	11:35	3.4			5:38	-0.3	5:59	-0.6	7:16	5:06	
11	Wed	12:17	3.6	12:32	3.1	6:43	-0.1	6:55	-0.5	7:16	5:06	
12	Thu	1:23	3.5	1:39	2.8	7:55	0.0	7:56	-0.3	7:16	5:07	
13	Fri	2:37	3.5	2:53	2.6	9:06	0.1	8:57	-0.2	7:16	5:08	
14	Sat	3:42	3.5	3:58	2.6	10:10	0.1	9:55	-0.2	7:15	5:09	
15	Sun	4:39	3.5	4:56	2.6	11:11	0.0	10:52	-0.2	7:15	5:10	
16	Mon	5:32	3.6	5:49	2.7			12:05	0.0	7:15	5:11	
17	Tue	6:18	3.6	6:35	2.8			12:49	-0.1	7:14	5:12	
18	Wed	6:58	3.6	7:15	2.9	12:32	-0.3	1:25	-0.2	7:14	5:13	
19	Thu	7:33	3.6	7:52	3.0	1:11	-0.3	1:56	-0.3	7:14	5:15	
20	Fri	8:06	3.5	8:28	3.0	1:46	-0.2	2:26	-0.3	7:13	5:16	
21	Sat	8:39	3.4	9:04	3.0	2:20	-0.2	2:57	-0.2	7:13	5:17	
22	Sun	9:13	3.3	9:42	3.0	2:57	-0.1	3:30	-0.2	7:12	5:18	
23	Mon	9:48	3.1	10:20	3.0	3:37	0.1	4:05	-0.1	7:12	5:19	
24	Tue	10:25	3.0	10:58	3.0	4:20	0.2	4:43	0.0	7:11	5:20	
25	Wed	11:03	2.8	11:38	3.0	5:06	0.3	5:22	0.0	7:10	5:21	
26	Thu	11:43	2.6			5:54	0.4	6:05	0.1	7:10	5:22	
27	Fri	12:24	3.0	12:30	2.5	6:47	0.4	6:54	0.1	7:09	5:23	
28	Sat	1:19	3.0	1:29	2.4	7:47	0.4	7:50	0.0	7:08	5:24	
29	Sun	2:23	3.2	2:36	2.4	8:50	0.3	8:49	-0.1	7:08	5:25	
30	Mon	3:25	3.4	3:40	2.5	9:50	0.1	9:48	-0.3	7:07	5:26	
31	Tue	4:24	3.6	4:41	2.8	10:49	-0.1	10:48	-0.5	7:06	5:27	