

































## Virginia Beach (outer coast), VA - Jan 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:27	3.5	1:44	3.0	7:55	0.1	8:05	-0.4	7:16	4:58	
2	Wed	2:39	3.6	2:56	2.9	9:05	0.0	9:05	-0.4	7:16	4:59	
3	Thu	3:44	3.8	4:02	2.9	10:11	-0.1	10:04	-0.4	7:16	5:00	
4	Fri	4:44	3.9	5:03	2.9	11:15	-0.2	11:03	-0.5	7:16	5:01	
5	Sat	5:40	4.0	6:01	3.0			12:13	-0.3	7:16	5:02	
6	Sun	6:32	4.1	6:53	3.1	12:01	-0.6	1:02	-0.4	7:16	5:03	
7	Mon	7:18	4.0	7:39	3.2	12:52	-0.6	1:45	-0.5	7:16	5:03	
8	Tue	8:00	3.9	8:23	3.2	1:37	-0.5	2:24	-0.5	7:16	5:04	
9	Wed	8:40	3.8	9:06	3.2	2:19	-0.4	3:03	-0.4	7:16	5:05	
10	Thu	9:19	3.6	9:49	3.1	3:01	-0.2	3:42	-0.3	7:16	5:06	
11	Fri	9:58	3.4	10:31	3.0	3:45	0.0	4:22	-0.2	7:16	5:07	
12	Sat	10:36	3.1	11:12	3.0	4:31	0.2	5:01	-0.1	7:16	5:08	
13	Sun	11:15	2.9	11:54	2.9	5:18	0.3	5:40	0.0	7:15	5:09	
14	Mon	11:55	2.7			6:05	0.5	6:21	0.1	7:15	5:10	
15	Tue	12:40	2.9	12:41	2.5	6:58	0.5	7:07	0.2	7:15	5:11	
16	Wed	1:36	2.9	1:39	2.3	7:56	0.6	7:58	0.2	7:14	5:12	
17	Thu	2:37	2.9	2:42	2.3	8:55	0.5	8:50	0.2	7:14	5:13	
18	Fri	3:32	3.1	3:40	2.3	9:49	0.4	9:41	0.0	7:14	5:14	
19	Sat	4:22	3.3	4:33	2.5	10:43	0.2	10:33	-0.1	7:13	5:15	
20	Sun	5:11	3.5	5:25	2.7	11:35	0.0	11:26	-0.3	7:13	5:16	
21	Mon	5:59	3.7	6:15	2.9			12:22	-0.3	7:12	5:17	
22	Tue	6:44	3.9	7:02	3.1	12:17	-0.5	1:04	-0.5	7:12	5:18	
23	Wed	7:27	4.0	7:47	3.3	1:05	-0.7	1:46	-0.7	7:11	5:20	
24	Thu	8:11	4.1	8:34	3.5	1:51	-0.8	2:28	-0.8	7:10	5:21	
25	Fri	8:56	4.0	9:23	3.6	2:40	-0.8	3:14	-0.9	7:10	5:22	
26	Sat	9:44	3.8	10:15	3.7	3:32	-0.7	4:02	-0.8	7:09	5:23	
27	Sun	10:34	3.6	11:08	3.7	4:29	-0.5	4:53	-0.7	7:08	5:24	
28	Mon	11:25	3.3			5:29	-0.3	5:46	-0.6	7:08	5:25	
29	Tue	12:03	3.6	12:20	3.0	6:32	-0.2	6:43	-0.5	7:07	5:26	
30	Wed	1:07	3.5	1:27	2.8	7:42	0.0	7:46	-0.4	7:06	5:27	
31	Thu	2:23	3.5	2:44	2.7	8:54	0.0	8:51	-0.3	7:05	5:28	