US HARBORS www.USHarbors.com

Alexandria, VA - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:32	2.2	4:52	2.5	10:55	0.0	11:51	-0.2	6:39	6:01	
2	Fri	5:34	2.2	5:54	2.5			12:01	-0.2	6:37	6:02	
3	Sat	6:31	2.4	6:51	2.6	12:48	-0.3	1:02	-0.3	6:36	6:03	
4	Sun	7:24	2.5	7:45	2.6	1:40	-0.4	1:56	-0.4	6:34	6:04	
5	Mon	8:12	2.6	8:34	2.6	2:27	-0.4	2:46	-0.5	6:33	6:05	
6	Tue	8:57	2.6	9:21	2.6	3:10	-0.4	3:33	-0.4	6:31	6:06	
7	Wed	9:40	2.6	10:07	2.5	3:52	-0.3	4:19	-0.4	6:30	6:07	
8	Thu	10:23	2.6	10:53	2.5	4:31	-0.2	5:04	-0.2	6:28	6:08	
9	Fri	11:06	2.6	11:40	2.4	5:09	-0.1	5:47	-0.1	6:27	6:09	
10	Sat	11:48	2.6			5:43	0.0	6:30	0.1	6:25	6:10	
11	Sun	12:26	2.3	1:29	2.5	7:17	0.1	8:12	0.2	7:24	7:11	
12	Mon	2:12	2.2	2:12	2.5	7:52	0.2	8:59	0.3	7:22	7:12	
13	Tue	3:02	2.2	3:00	2.4	8:34	0.3	9:51	0.4	7:21	7:13	
14	Wed	3:59	2.1	3:57	2.4	9:27	0.4	10:48	0.5	7:19	7:14	
15	Thu	4:57	2.1	4:59	2.4	10:30	0.4	11:43	0.4	7:18	7:15	
16	Fri	5:50	2.2	5:56	2.4	11:35	0.4			7:16	7:16	
17	Sat	6:39	2.3	6:47	2.5	12:35	0.4	12:37	0.3	7:14	7:17	
18	Sun	7:23	2.5	7:34	2.6	1:25	0.3	1:34	0.1	7:13	7:18	
19	Mon	8:04	2.6	8:19	2.7	2:12	0.1	2:27	0.0	7:11	7:19	
20	Tue	8:43	2.8	9:03	2.7	2:55	0.0	3:15	-0.1	7:10	7:20	
21	Wed	9:22	2.9	9:46	2.8	3:36	0.0	4:02	-0.2	7:08	7:21	
22	Thu	10:02	3.0	10:30	2.8	4:17	-0.1	4:50	-0.2	7:07	7:22	
23	Fri	10:45	3.1	11:18	2.8	5:00	-0.1	5:40	-0.2	7:05	7:23	
24	Sat	11:32	3.1			5:46	0.0	6:32	-0.1	7:03	7:24	
25	Sun	12:09	2.7	12:22	3.1	6:34	0.0	7:25	0.0	7:02	7:25	
26	Mon	1:03	2.6	1:16	3.0	7:25	0.1	8:22	0.1	7:00	7:26	
27	Tue	2:01	2.5	2:14	2.9	8:22	0.3	9:24	0.3	6:59	7:27	
28	Wed	3:04	2.5	3:19	2.8	9:28	0.4	10:28	0.3	6:57	7:28	
29	Thu	4:14	2.5	4:32	2.7	10:38	0.4	11:30	0.3	6:56	7:29	
30	Fri	5:22	2.5	5:41	2.7	11:46	0.4			6:54	7:30	
31	Sat	6:22	2.6	6:42	2.7	12:29	0.2	12:49	0.3	6:53	7:31	