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# Cape Charles Harbor, VA - Mar 2045

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 7:11 | 2.6 | 7:32 | 2.3 | 12:54 | -0.4 | 1:45 | -0.3 | 6:34 | 5:58 | |
| 2 | Thu | 8:03 | 2.7 | 8:23 | 2.5 | 1:53 | -0.6 | 2:33 | -0.4 | 6:32 | 5:59 | |
| 3 | Fri | 8:51 | 2.7 | 9:12 | 2.7 | 2:48 | -0.6 | 3:17 | -0.5 | 6:31 | 6:00 | |
| 4 | Sat | 9:36 | 2.6 | 9:58 | 2.7 | 3:38 | -0.6 | 3:59 | -0.5 | 6:29 | 6:01 | |
| 5 | Sun | 10:19 | 2.5 | 10:43 | 2.7 | 4:26 | -0.5 | 4:40 | -0.5 | 6:28 | 6:02 | |
| 6 | Mon | 11:02 | 2.3 | 11:29 | 2.6 | 5:15 | -0.4 | 5:22 | -0.3 | 6:27 | 6:03 | |
| 7 | Tue | 11:45 | 2.1 | | | 6:06 | -0.1 | 6:07 | -0.1 | 6:25 | 6:04 | |
| 8 | Wed | 12:16 | 2.5 | 12:30 | 1.9 | 7:00 | 0.1 | 6:55 | 0.0 | 6:24 | 6:05 | |
| 9 | Thu | 1:04 | 2.3 | 1:16 | 1.7 | 7:56 | 0.3 | 7:48 | 0.2 | 6:22 | 6:06 | |
| 10 | Fri | 1:57 | 2.1 | 2:08 | 1.6 | 8:57 | 0.4 | 8:48 | 0.3 | 6:21 | 6:07 | |
| 11 | Sat | 3:01 | 2.0 | 3:16 | 1.5 | 10:03 | 0.5 | 9:56 | 0.4 | 6:19 | 6:07 | |
| 12 | Sun | 5:21 | 1.9 | 5:40 | 1.6 | | | 12:05 | 0.5 | 7:18 | 7:08 | |
| 13 | Mon | 6:27 | 2.0 | 6:41 | 1.7 | 12:03 | 0.4 | 12:57 | 0.5 | 7:16 | 7:09 | |
| 14 | Tue | 7:17 | 2.1 | 7:28 | 1.9 | 12:59 | 0.3 | 1:42 | 0.4 | 7:15 | 7:10 | |
| 15 | Wed | 7:59 | 2.1 | 8:09 | 2.0 | 1:49 | 0.2 | 2:20 | 0.3 | 7:13 | 7:11 | |
| 16 | Thu | 8:36 | 2.2 | 8:47 | 2.2 | 2:33 | 0.1 | 2:55 | 0.2 | 7:12 | 7:12 | |
| 17 | Fri | 9:11 | 2.2 | 9:23 | 2.3 | 3:14 | 0.0 | 3:28 | 0.1 | 7:10 | 7:13 | |
| 18 | Sat | 9:45 | 2.3 | 9:58 | 2.4 | 3:51 | 0.0 | 3:59 | 0.0 | 7:09 | 7:14 | |
| 19 | Sun | 10:18 | 2.3 | 10:33 | 2.5 | 4:26 | -0.1 | 4:30 | -0.1 | 7:07 | 7:15 | |
| 20 | Mon | 10:53 | 2.2 | 11:09 | 2.6 | 5:02 | -0.1 | 5:03 | -0.1 | 7:06 | 7:16 | |
| 21 | Tue | 11:30 | 2.2 | 11:49 | 2.6 | 5:39 | 0.0 | 5:40 | -0.1 | 7:04 | 7:17 | |
| 22 | Wed | | | 12:10 | 2.1 | 6:21 | 0.0 | 6:21 | 0.0 | 7:03 | 7:18 | |
| 23 | Thu | 12:33 | 2.5 | 12:56 | 2.0 | 7:10 | 0.1 | 7:09 | 0.0 | 7:01 | 7:18 | |
| 24 | Fri | 1:22 | 2.5 | 1:46 | 1.9 | 8:06 | 0.2 | 8:06 | 0.1 | 7:00 | 7:19 | |
| 25 | Sat | 2:17 | 2.4 | 2:42 | 1.9 | 9:09 | 0.3 | 9:10 | 0.2 | 6:58 | 7:20 | |
| 26 | Sun | 3:20 | 2.4 | 3:50 | 1.9 | 10:18 | 0.3 | 10:21 | 0.2 | 6:57 | 7:21 | |
| 27 | Mon | 4:35 | 2.4 | 5:08 | 2.0 | 11:29 | 0.3 | 11:35 | 0.1 | 6:55 | 7:22 | |
| 28 | Tue | 5:52 | 2.4 | 6:20 | 2.2 | | | 12:31 | 0.2 | 6:54 | 7:23 | |
| 29 | Wed | 6:56 | 2.5 | 7:20 | 2.4 | 12:43 | -0.1 | 1:26 | 0.0 | 6:52 | 7:24 | |
| 30 | Thu | 7:52 | 2.6 | 8:14 | 2.6 | 1:44 | -0.2 | 2:17 | -0.1 | 6:51 | 7:25 | |
| 31 | Fri | 8:42 | 2.6 | 9:03 | 2.8 | 2:42 | -0.3 | 3:04 | -0.2 | 6:50 | 7:26 | |