

Newport News, VA - Mar 1997

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 1:41 | 2.4 | 2:00 | 2.1 | 8:05 | 0.1 | 8:12 | 0.0 | 6:36 | 5:59 | ☾ |
| 2 | Sun | 2:32 | 2.4 | 2:54 | 2.1 | 9:05 | 0.2 | 9:12 | 0.0 | 6:34 | 6:00 | ☾ |
| 3 | Mon | 3:33 | 2.4 | 3:59 | 2.1 | 10:12 | 0.1 | 10:20 | 0.0 | 6:33 | 6:01 | ☾ |
| 4 | Tue | 4:44 | 2.5 | 5:11 | 2.2 | 11:20 | 0.1 | 11:29 | -0.1 | 6:31 | 6:02 | ☾ |
| 5 | Wed | 5:54 | 2.7 | 6:18 | 2.3 | | | 12:22 | -0.1 | 6:30 | 6:03 | ☾ |
| 6 | Thu | 6:56 | 2.9 | 7:18 | 2.6 | 12:33 | -0.3 | 1:19 | -0.2 | 6:29 | 6:04 | ☾ |
| 7 | Fri | 7:53 | 3.0 | 8:15 | 2.8 | 1:34 | -0.4 | 2:14 | -0.3 | 6:27 | 6:05 | ☾ |
| 8 | Sat | 8:48 | 3.1 | 9:09 | 3.0 | 2:33 | -0.5 | 3:04 | -0.4 | 6:26 | 6:06 | ☾ |
| 9 | Sun | 9:39 | 3.1 | 10:00 | 3.1 | 3:28 | -0.6 | 3:52 | -0.5 | 6:24 | 6:07 | ☾ |
| 10 | Mon | 10:27 | 3.1 | 10:50 | 3.1 | 4:19 | -0.6 | 4:38 | -0.5 | 6:23 | 6:08 | ☾ |
| 11 | Tue | 11:16 | 2.9 | 11:40 | 3.1 | 5:10 | -0.5 | 5:24 | -0.4 | 6:21 | 6:09 | ☾ |
| 12 | Wed | | | 12:05 | 2.8 | 6:03 | -0.3 | 6:13 | -0.3 | 6:20 | 6:10 | ☾ |
| 13 | Thu | 12:31 | 3.0 | 12:56 | 2.6 | 6:59 | -0.2 | 7:05 | -0.2 | 6:19 | 6:11 | ☾ |
| 14 | Fri | 1:24 | 2.8 | 1:47 | 2.4 | 7:57 | 0.0 | 8:00 | 0.0 | 6:17 | 6:12 | ☾ |
| 15 | Sat | 2:17 | 2.6 | 2:40 | 2.2 | 8:57 | 0.2 | 8:58 | 0.1 | 6:16 | 6:13 | ☾ |
| 16 | Sun | 3:16 | 2.4 | 3:42 | 2.1 | 9:59 | 0.3 | 9:59 | 0.2 | 6:14 | 6:13 | ☾ |
| 17 | Mon | 4:26 | 2.3 | 4:52 | 2.1 | 11:00 | 0.3 | 11:02 | 0.2 | 6:13 | 6:14 | ☾ |
| 18 | Tue | 5:35 | 2.3 | 5:54 | 2.2 | 11:54 | 0.3 | 11:58 | 0.2 | 6:11 | 6:15 | ☾ |
| 19 | Wed | 6:29 | 2.4 | 6:46 | 2.3 | | | 12:43 | 0.3 | 6:10 | 6:16 | ☾ |
| 20 | Thu | 7:14 | 2.4 | 7:31 | 2.4 | 12:49 | 0.2 | 1:26 | 0.2 | 6:08 | 6:17 | ☾ |
| 21 | Fri | 7:55 | 2.5 | 8:12 | 2.5 | 1:36 | 0.1 | 2:06 | 0.1 | 6:07 | 6:18 | ☾ |
| 22 | Sat | 8:33 | 2.6 | 8:50 | 2.7 | 2:20 | 0.0 | 2:43 | 0.1 | 6:05 | 6:19 | ☾ |
| 23 | Sun | 9:08 | 2.6 | 9:26 | 2.7 | 3:00 | 0.0 | 3:16 | 0.0 | 6:04 | 6:20 | ☾ |
| 24 | Mon | 9:43 | 2.7 | 9:59 | 2.8 | 3:37 | 0.0 | 3:48 | 0.0 | 6:02 | 6:21 | ☾ |
| 25 | Tue | 10:16 | 2.6 | 10:33 | 2.8 | 4:12 | 0.0 | 4:19 | 0.0 | 6:01 | 6:21 | ☾ |
| 26 | Wed | 10:51 | 2.6 | 11:08 | 2.8 | 4:47 | 0.0 | 4:51 | 0.0 | 5:59 | 6:22 | ☾ |
| 27 | Thu | 11:28 | 2.6 | 11:46 | 2.8 | 5:23 | 0.0 | 5:27 | 0.0 | 5:58 | 6:23 | ☾ |
| 28 | Fri | | | 12:08 | 2.5 | 6:04 | 0.1 | 6:08 | 0.1 | 5:56 | 6:24 | ☾ |
| 29 | Sat | 12:29 | 2.8 | 12:52 | 2.4 | 6:51 | 0.2 | 6:56 | 0.1 | 5:55 | 6:25 | ☾ |
| 30 | Sun | 1:17 | 2.8 | 1:41 | 2.4 | 7:45 | 0.2 | 7:51 | 0.2 | 5:53 | 6:26 | ☾ |
| 31 | Mon | 2:10 | 2.7 | 2:36 | 2.4 | 8:44 | 0.2 | 8:54 | 0.2 | 5:52 | 6:27 | ☾ |