US HARBORS www.USHarbors.com

Newport News, VA - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:09	2.1	5:35	1.7	11:49	0.4	11:29	0.2	6:35	6:00	
2	Tue	6:11	2.2	6:31	1.9			12:40	0.3	6:34	6:01	
3	Wed	7:02	2.4	7:20	2.0	12:25	0.1	1:27	0.2	6:32	6:02	
4	Thu	7:47	2.5	8:05	2.2	1:17	0.0	2:09	0.1	6:31	6:03	
5	Fri	8:28	2.6	8:47	2.4	2:06	-0.1	2:47	0.0	6:30	6:04	
6	Sat	9:07	2.7	9:27	2.6	2:52	-0.2	3:23	-0.2	6:28	6:05	
7	Sun	9:46	2.8	10:06	2.7	3:35	-0.3	3:58	-0.2	6:27	6:05	
8	Mon	10:25	2.8	10:46	2.9	4:18	-0.3	4:34	-0.3	6:25	6:06	
9	Tue	11:06	2.7	11:30	2.9	5:01	-0.3	5:12	-0.3	6:24	6:07	
10	Wed	11:50	2.6			5:49	-0.2	5:55	-0.2	6:22	6:08	
11	Thu	12:17	2.9	12:38	2.4	6:42	-0.1	6:44	-0.2	6:21	6:09	
12	Fri	1:09	2.9	1:30	2.3	7:41	0.0	7:40	-0.1	6:20	6:10	
13	Sat	2:05	2.8	2:26	2.2	8:46	0.1	8:43	0.0	6:18	6:11	
14	Sun	3:10	2.7	3:33	2.1	9:57	0.2	9:55	0.0	6:17	6:12	
15	Mon	4:29	2.6	4:55	2.1	11:09	0.2	11:10	0.0	6:15	6:13	
16	Tue	5:49	2.7	6:10	2.2			12:13	0.2	6:14	6:14	
17	Wed	6:53	2.7	7:12	2.4	12:19	0.0	1:10	0.1	6:12	6:15	
18	Thu	7:47	2.8	8:06	2.6	1:21	-0.1	2:01	0.0	6:11	6:16	
19	Fri	8:35	2.8	8:53	2.8	2:17	-0.2	2:46	-0.1	6:09	6:16	
20	Sat	9:18	2.8	9:36	2.9	3:07	-0.2	3:26	-0.1	6:08	6:17	
21	Sun	9:57	2.8	10:15	2.9	3:52	-0.2	4:02	-0.1	6:06	6:18	
22	Mon	10:34	2.7	10:51	2.9	4:32	-0.1	4:36	-0.1	6:05	6:19	
23	Tue	11:11	2.6	11:27	2.8	5:11	0.0	5:09	0.0	6:03	6:20	
24	Wed	11:49	2.4			5:51	0.1	5:43	0.1	6:02	6:21	
25	Thu	12:04	2.7	12:28	2.3	6:32	0.2	6:19	0.2	6:00	6:22	
26	Fri	12:43	2.6	1:10	2.2	7:16	0.3	7:01	0.3	5:59	6:23	
27	Sat	1:25	2.5	1:53	2.1	8:04	0.4	7:48	0.4	5:57	6:24	
28	Sun	2:11	2.4	2:42	2.0	8:58	0.5	8:43	0.4	5:56	6:24	
29	Mon	3:05	2.3	3:40	2.0	9:58	0.5	9:46	0.5	5:54	6:25	
30	Tue	4:11	2.3	4:49	2.0	10:59	0.5	10:52	0.4	5:53	6:26	
31	Wed	5:21	2.4	5:51	2.2	11:51	0.5	11:52	0.3	5:51	6:27	