US HARBORS www.USHarbors.com

Newport News, VA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:15	2.3	6:14	-0.1	6:16	-0.2	6:35	6:00	
2	Mon	12:38	2.7	1:03	2.2	7:07	0.0	7:07	-0.1	6:34	6:01	
3	Tue	1:30	2.7	1:55	2.1	8:07	0.1	8:05	-0.1	6:33	6:01	
4	Wed	2:28	2.6	2:55	2.0	9:15	0.2	9:11	0.0	6:31	6:02	
5	Thu	3:36	2.5	4:08	2.0	10:28	0.2	10:25	-0.1	6:30	6:03	
6	Fri	4:57	2.6	5:27	2.1	11:37	0.1	11:37	-0.1	6:28	6:04	
7	Sat	6:11	2.7	6:35	2.3			12:38	0.0	6:27	6:05	
8	Sun	8:12	2.8	8:35	2.6	12:44	-0.2	2:33	-0.1	7:26	7:06	
9	Mon	9:06	2.9	9:28	2.8	2:45	-0.3	3:23	-0.2	7:24	7:07	
10	Tue	9:55	2.9	10:17	2.9	3:41	-0.4	4:08	-0.3	7:23	7:08	
11	Wed	10:40	2.8	11:02	3.0	4:32	-0.4	4:50	-0.3	7:21	7:09	
12	Thu	11:21	2.8	11:44	3.0	5:18	-0.3	5:29	-0.3	7:20	7:10	
13	Fri			12:02	2.6	6:02	-0.2	6:07	-0.2	7:18	7:11	
14	Sat	12:26	2.9	12:43	2.5	6:46	-0.1	6:46	-0.1	7:17	7:12	
15	Sun	1:08	2.8	1:25	2.3	7:31	0.1	7:27	0.1	7:15	7:13	
16	Mon	1:51	2.6	2:08	2.2	8:19	0.2	8:12	0.2	7:14	7:14	
17	Tue	2:36	2.5	2:53	2.0	9:10	0.3	9:02	0.3	7:13	7:14	
18	Wed	3:24	2.3	3:43	1.9	10:05	0.4	9:58	0.4	7:11	7:15	
19	Thu	4:21	2.2	4:43	1.9	11:04	0.5	11:02	0.4	7:10	7:16	
20	Fri	5:30	2.2	5:54	1.9			12:03	0.5	7:08	7:17	
21	Sat	6:37	2.3	6:56	2.1	12:06	0.4	12:54	0.4	7:07	7:18	
22	Sun	7:29	2.3	7:46	2.3	1:03	0.3	1:39	0.3	7:05	7:19	
23	Mon	8:14	2.5	8:29	2.5	1:54	0.2	2:20	0.2	7:04	7:20	
24	Tue	8:55	2.5	9:10	2.6	2:42	0.1	2:59	0.1	7:02	7:21	
25	Wed	9:34	2.6	9:48	2.8	3:27	0.0	3:37	0.0	7:01	7:22	
26	Thu	10:13	2.7	10:27	3.0	4:10	-0.1	4:14	-0.1	6:59	7:22	
27	Fri	10:51	2.7	11:05	3.1	4:50	-0.1	4:51	-0.1	6:58	7:23	
28	Sat	11:31	2.7	11:47	3.1	5:31	-0.1	5:29	-0.1	6:56	7:24	
29	Sun			12:13	2.6	6:14	-0.1	6:11	-0.1	6:55	7:25	
30	Mon	12:32	3.1	1:00	2.5	7:02	0.0	6:58	-0.1	6:53	7:26	
31	Tue	1:23	3.0	1:52	2.4	7:58	0.1	7:54	0.0	6:52	7:27	