

Virginia Beach (outer coast), VA - Mar 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:47	3.3	6:05	2.8			12:12	0.2	6:34	5:58	
2	Sun	6:26	3.4	6:44	3.0			12:45	0.0	6:33	5:59	
3	Mon	7:01	3.5	7:20	3.3	12:41	-0.1	1:15	-0.2	6:31	5:59	
4	Tue	7:35	3.6	7:56	3.5	1:21	-0.3	1:46	-0.3	6:30	6:00	
5	Wed	8:11	3.5	8:34	3.7	2:01	-0.3	2:20	-0.4	6:28	6:01	
6	Thu	8:49	3.4	9:15	3.8	2:43	-0.3	2:56	-0.4	6:27	6:02	
7	Fri	9:30	3.3	9:59	3.8	3:29	-0.3	3:37	-0.3	6:26	6:03	
8	Sat	10:15	3.1	10:46	3.8	4:19	-0.2	4:23	-0.2	6:24	6:04	
9	Sun	11:02	2.9	11:38	3.7	5:14	0.0	5:15	-0.1	6:23	6:05	
10	Mon	11:55	2.7			6:12	0.1	6:12	0.0	6:21	6:06	
11	Tue	12:38	3.6	12:59	2.6	7:19	0.3	7:19	0.1	6:20	6:07	
12	Wed	1:53	3.5	2:21	2.6	8:32	0.3	8:32	0.1	6:18	6:08	
13	Thu	3:13	3.6	3:39	2.8	9:41	0.2	9:44	0.0	6:17	6:09	
14	Fri	4:21	3.7	4:46	3.0	10:45	0.0	10:52	-0.2	6:16	6:10	
15	Sat	5:21	3.8	5:45	3.4	11:42	-0.2	11:55	-0.4	6:14	6:11	
16	Sun	6:14	3.9	6:36	3.6			12:30	-0.3	6:13	6:11	
17	Mon	7:00	3.9	7:21	3.9	12:49	-0.5	1:11	-0.5	6:11	6:12	
18	Tue	7:42	3.8	8:02	4.0	1:35	-0.5	1:48	-0.5	6:10	6:13	
19	Wed	8:22	3.6	8:42	4.0	2:18	-0.5	2:24	-0.4	6:08	6:14	
20	Thu	9:01	3.4	9:21	3.9	3:00	-0.3	3:00	-0.2	6:07	6:15	
21	Fri	9:41	3.2	10:01	3.7	3:43	-0.1	3:38	0.0	6:05	6:16	
22	Sat	10:21	3.0	10:41	3.5	4:27	0.1	4:19	0.2	6:04	6:17	
23	Sun	11:01	2.8	11:22	3.3	5:12	0.4	5:02	0.4	6:02	6:18	
24	Mon	11:44	2.6			5:58	0.6	5:48	0.6	6:01	6:19	
25	Tue	12:07	3.1	12:33	2.4	6:51	0.7	6:41	0.7	5:59	6:19	
26	Wed	1:04	2.9	1:40	2.3	7:54	0.8	7:43	0.8	5:58	6:20	
27	Thu	2:18	2.9	2:56	2.4	8:56	0.8	8:46	0.7	5:56	6:21	
28	Fri	3:24	3.0	3:53	2.6	9:48	0.7	9:43	0.6	5:55	6:22	
29	Sat	4:16	3.1	4:42	2.8	10:35	0.5	10:37	0.4	5:53	6:23	
30	Sun	5:02	3.3	5:26	3.2	11:17	0.3	11:29	0.2	5:52	6:24	
31	Mon	5:45	3.4	6:08	3.5	11:57	0.1			5:50	6:25	