

Virginia Beach (outer coast), VA - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:52	3.5	8:08	3.4	1:43	-0.2	1:58	-0.3	6:34	5:58	●
2	Tue	8:24	3.4	8:41	3.4	2:15	-0.2	2:27	-0.2	6:32	5:59	●
3	Wed	8:58	3.3	9:16	3.4	2:49	-0.1	2:59	-0.1	6:31	6:00	●
4	Thu	9:33	3.1	9:52	3.3	3:25	0.0	3:34	0.0	6:29	6:01	●
5	Fri	10:10	3.0	10:30	3.3	4:05	0.1	4:13	0.1	6:28	6:02	◐
6	Sat	10:48	2.8	11:10	3.2	4:48	0.3	4:54	0.2	6:27	6:03	◐
7	Sun	11:28	2.7	11:53	3.1	5:34	0.4	5:39	0.3	6:25	6:04	◐
8	Mon			12:13	2.6	6:24	0.5	6:29	0.3	6:24	6:04	◐
9	Tue	12:45	3.1	1:10	2.5	7:21	0.5	7:27	0.3	6:22	6:05	◐
10	Wed	1:49	3.1	2:18	2.6	8:23	0.5	8:29	0.2	6:21	6:06	◐
11	Thu	2:55	3.3	3:23	2.8	9:21	0.3	9:30	0.0	6:19	6:07	◐
12	Fri	3:56	3.5	4:22	3.1	10:17	0.1	10:30	-0.2	6:18	6:08	◐
13	Sat	4:52	3.7	5:19	3.5	11:12	-0.2	11:29	-0.5	6:17	6:09	○
14	Sun	5:47	3.9	6:12	3.9			12:04	-0.5	6:15	6:10	○
15	Mon	6:38	4.1	7:03	4.2	12:25	-0.7	12:52	-0.8	6:14	6:11	○
16	Tue	7:27	4.1	7:52	4.4	1:17	-0.9	1:38	-0.9	6:12	6:12	○
17	Wed	8:16	4.1	8:42	4.5	2:08	-1.0	2:24	-0.9	6:11	6:13	○
18	Thu	9:06	3.9	9:34	4.4	3:00	-0.9	3:13	-0.8	6:09	6:14	○
19	Fri	9:58	3.7	10:28	4.3	3:55	-0.7	4:07	-0.6	6:08	6:14	○
20	Sat	10:52	3.4	11:23	4.0	4:54	-0.4	5:04	-0.4	6:06	6:15	○
21	Sun	11:47	3.2			5:54	-0.2	6:04	-0.1	6:05	6:16	○
22	Mon	12:23	3.7	12:50	3.0	6:59	0.1	7:11	0.1	6:03	6:17	○
23	Tue	1:35	3.5	2:11	2.9	8:09	0.3	8:24	0.2	6:02	6:18	◐
24	Wed	2:52	3.3	3:24	2.9	9:14	0.3	9:32	0.3	6:00	6:19	◐
25	Thu	3:56	3.3	4:22	3.1	10:11	0.3	10:32	0.2	5:59	6:20	◐
26	Fri	4:49	3.3	5:13	3.2	11:02	0.3	11:28	0.2	5:57	6:21	◐
27	Sat	5:36	3.3	5:56	3.4	11:47	0.2			5:56	6:21	◐
28	Sun	6:17	3.3	6:34	3.5	12:14	0.1	12:24	0.1	5:54	6:22	◐
29	Mon	6:53	3.4	7:07	3.6	12:52	0.0	12:55	0.0	5:53	6:23	◐
30	Tue	7:26	3.4	7:39	3.7	1:24	0.0	1:24	0.0	5:51	6:24	◐
31	Wed	7:58	3.3	8:10	3.7	1:54	0.0	1:53	0.0	5:50	6:25	●