

Virginia Beach (outer coast), VA - Mar 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:57	3.0			6:07	0.0	6:20	-0.2	6:34	5:57	
2	Thu	12:38	3.6	12:58	2.9	7:10	0.1	7:22	-0.2	6:33	5:58	
3	Fri	1:47	3.5	2:12	2.9	8:19	0.1	8:30	-0.2	6:31	5:59	
4	Sat	3:01	3.6	3:26	3.0	9:26	0.0	9:37	-0.3	6:30	6:00	
5	Sun	4:08	3.8	4:33	3.2	10:29	-0.2	10:42	-0.4	6:29	6:01	
6	Mon	5:10	3.9	5:34	3.5	11:30	-0.4	11:46	-0.6	6:27	6:02	
7	Tue	6:07	4.0	6:29	3.7			12:24	-0.6	6:26	6:03	
8	Wed	6:57	4.1	7:18	3.9	12:42	-0.7	1:11	-0.7	6:24	6:04	
9	Thu	7:43	4.0	8:03	4.0	1:31	-0.8	1:53	-0.7	6:23	6:05	
10	Fri	8:26	3.9	8:48	4.0	2:17	-0.7	2:34	-0.6	6:22	6:06	
11	Sat	9:09	3.7	9:32	3.8	3:02	-0.5	3:15	-0.5	6:20	6:07	
12	Sun	9:52	3.4	10:15	3.7	3:49	-0.3	3:58	-0.2	6:19	6:08	
13	Mon	10:35	3.2	10:57	3.5	4:37	0.0	4:42	0.0	6:17	6:09	
14	Tue	11:17	3.0	11:40	3.3	5:24	0.2	5:26	0.2	6:16	6:09	
15	Wed			12:01	2.7	6:12	0.4	6:13	0.4	6:14	6:10	
16	Thu	12:28	3.1	12:53	2.6	7:06	0.6	7:06	0.5	6:13	6:11	
17	Fri	1:27	2.9	2:00	2.5	8:06	0.7	8:05	0.6	6:11	6:12	
18	Sat	2:37	2.9	3:08	2.6	9:03	0.6	9:02	0.6	6:10	6:13	
19	Sun	3:37	3.0	4:02	2.7	9:54	0.6	9:55	0.4	6:08	6:14	
20	Mon	4:27	3.1	4:50	2.9	10:41	0.4	10:47	0.3	6:07	6:15	
21	Tue	5:13	3.3	5:34	3.1	11:26	0.3	11:36	0.1	6:05	6:16	
22	Wed	5:55	3.4	6:15	3.4			12:06	0.1	6:04	6:17	
23	Thu	6:35	3.5	6:54	3.7	12:21	-0.1	12:44	-0.1	6:03	6:18	
24	Fri	7:13	3.6	7:33	3.9	1:03	-0.3	1:20	-0.3	6:01	6:18	
25	Sat	7:52	3.7	8:13	4.0	1:44	-0.4	1:58	-0.4	6:00	6:19	
26	Sun	8:32	3.6	8:55	4.1	2:26	-0.4	2:38	-0.4	5:58	6:20	
27	Mon	9:16	3.5	9:42	4.1	3:12	-0.4	3:23	-0.3	5:57	6:21	
28	Tue	10:04	3.4	10:32	4.0	4:03	-0.3	4:13	-0.2	5:55	6:22	
29	Wed	10:54	3.3	11:24	3.9	4:57	-0.2	5:07	-0.1	5:54	6:23	
30	Thu	11:48	3.2			5:55	0.0	6:06	0.0	5:52	6:24	
31	Fri	12:22	3.8	12:50	3.1	6:57	0.1	7:12	0.1	5:51	6:25	