

Virginia Beach (outer coast), VA - Mar 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:36	3.9	10:03	4.0	3:26	-0.8	3:47	-0.8	6:35	5:57	☀
2	Fri	10:25	3.6	10:54	3.8	4:22	-0.6	4:37	-0.5	6:33	5:58	☀
3	Sat	11:14	3.3	11:45	3.6	5:19	-0.3	5:29	-0.3	6:32	5:59	☀
4	Sun			12:05	3.0	6:17	0.0	6:21	0.0	6:30	6:00	☀
5	Mon	12:40	3.3	1:03	2.7	7:20	0.3	7:20	0.2	6:29	6:01	☀
6	Tue	1:49	3.1	2:17	2.6	8:28	0.4	8:23	0.3	6:28	6:02	☀
7	Wed	3:01	3.1	3:25	2.6	9:29	0.5	9:22	0.4	6:26	6:03	☀
8	Thu	3:59	3.1	4:20	2.7	10:24	0.4	10:16	0.3	6:25	6:04	☀
9	Fri	4:49	3.1	5:08	2.8	11:13	0.4	11:07	0.2	6:23	6:05	☀
10	Sat	5:33	3.2	5:52	2.9	11:56	0.3	11:52	0.1	6:22	6:06	☀
11	Sun	6:13	3.3	6:30	3.1			12:30	0.1	6:21	6:07	☀
12	Mon	6:48	3.4	7:05	3.3	12:31	0.0	1:00	0.0	6:19	6:07	☀
13	Tue	7:20	3.5	7:37	3.4	1:06	-0.1	1:28	-0.1	6:18	6:08	☀
14	Wed	7:52	3.5	8:11	3.5	1:40	-0.2	1:58	-0.1	6:16	6:09	☀
15	Thu	8:26	3.4	8:45	3.6	2:15	-0.2	2:31	-0.1	6:15	6:10	☀
16	Fri	9:01	3.3	9:23	3.6	2:53	-0.1	3:07	-0.1	6:13	6:11	☀
17	Sat	9:39	3.2	10:04	3.6	3:35	-0.1	3:47	0.0	6:12	6:12	☀
18	Sun	10:21	3.1	10:48	3.6	4:22	0.0	4:31	0.0	6:10	6:13	☀
19	Mon	11:06	3.0	11:36	3.6	5:12	0.1	5:20	0.1	6:09	6:14	☀
20	Tue	11:56	3.0			6:05	0.2	6:15	0.1	6:07	6:15	☀
21	Wed	12:31	3.5	12:55	2.9	7:06	0.2	7:18	0.1	6:06	6:16	☀
22	Thu	1:38	3.5	2:07	3.0	8:12	0.2	8:26	0.0	6:04	6:16	☀
23	Fri	2:51	3.6	3:20	3.2	9:16	0.0	9:32	-0.1	6:03	6:17	☀
24	Sat	3:58	3.8	4:25	3.4	10:17	-0.2	10:37	-0.3	6:01	6:18	☀
25	Sun	4:59	4.0	5:26	3.8	11:17	-0.4	11:41	-0.6	6:00	6:19	☀
26	Mon	5:57	4.1	6:22	4.1			12:12	-0.6	5:58	6:20	☀
27	Tue	6:50	4.2	7:13	4.3	12:38	-0.8	1:01	-0.7	5:57	6:21	☀
28	Wed	7:39	4.1	8:00	4.4	1:30	-0.8	1:46	-0.8	5:55	6:22	☀
29	Thu	8:26	4.0	8:48	4.4	2:19	-0.8	2:30	-0.7	5:54	6:23	☀
30	Fri	9:14	3.8	9:36	4.2	3:08	-0.6	3:16	-0.5	5:53	6:23	☀
31	Sat	10:02	3.6	10:24	4.0	4:00	-0.4	4:05	-0.2	5:51	6:24	☀