

Virginia Beach (outer coast), VA - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:27	3.5	7:44	3.2	1:12	-0.2	1:42	-0.2	6:34	5:58	
2	Sun	7:59	3.5	8:17	3.3	1:44	-0.2	2:09	-0.2	6:32	5:59	
3	Mon	8:30	3.4	8:51	3.3	2:17	-0.1	2:38	-0.1	6:31	6:00	
4	Tue	9:03	3.3	9:26	3.3	2:51	-0.1	3:11	-0.1	6:29	6:01	
5	Wed	9:39	3.2	10:03	3.3	3:30	0.0	3:46	0.0	6:28	6:02	
6	Thu	10:15	3.0	10:41	3.2	4:12	0.1	4:25	0.1	6:27	6:03	
7	Fri	10:54	2.9	11:21	3.2	4:56	0.3	5:06	0.2	6:25	6:04	
8	Sat	11:35	2.7			5:44	0.3	5:51	0.3	6:24	6:04	
9	Sun	12:07	3.2	12:24	2.6	6:36	0.4	6:43	0.3	6:22	6:05	
10	Mon	1:03	3.2	1:24	2.6	7:36	0.4	7:44	0.2	6:21	6:06	
11	Tue	2:10	3.3	2:34	2.7	8:39	0.3	8:47	0.1	6:19	6:07	
12	Wed	3:16	3.5	3:39	2.9	9:40	0.1	9:49	-0.1	6:18	6:08	
13	Thu	4:17	3.7	4:40	3.2	10:39	-0.1	10:51	-0.4	6:17	6:09	
14	Fri	5:16	4.0	5:39	3.6	11:36	-0.4	11:52	-0.7	6:15	6:10	
15	Sat	6:11	4.2	6:34	3.9			12:28	-0.7	6:14	6:11	
16	Sun	7:03	4.3	7:25	4.2	12:48	-0.9	1:16	-0.9	6:12	6:12	
17	Mon	7:52	4.3	8:15	4.4	1:40	-1.0	2:02	-0.9	6:11	6:13	
18	Tue	8:42	4.2	9:06	4.4	2:31	-1.0	2:50	-0.9	6:09	6:14	
19	Wed	9:33	3.9	9:59	4.3	3:25	-0.8	3:40	-0.7	6:08	6:14	
20	Thu	10:25	3.7	10:52	4.1	4:23	-0.6	4:33	-0.5	6:06	6:15	
21	Fri	11:18	3.4	11:46	3.8	5:22	-0.3	5:29	-0.2	6:05	6:16	
22	Sat			12:13	3.1	6:23	0.0	6:27	0.0	6:03	6:17	
23	Sun	12:47	3.6	1:21	2.9	7:31	0.2	7:33	0.2	6:02	6:18	
24	Mon	2:03	3.3	2:40	2.8	8:40	0.4	8:43	0.3	6:00	6:19	
25	Tue	3:16	3.3	3:45	2.9	9:41	0.4	9:45	0.4	5:59	6:20	
26	Wed	4:14	3.2	4:38	3.0	10:35	0.4	10:43	0.3	5:57	6:21	
27	Thu	5:05	3.3	5:26	3.1	11:24	0.3	11:34	0.2	5:56	6:21	
28	Fri	5:49	3.3	6:07	3.3			12:05	0.2	5:54	6:22	
29	Sat	6:27	3.4	6:43	3.4	12:17	0.1	12:38	0.1	5:53	6:23	
30	Sun	7:00	3.4	7:16	3.6	12:52	0.1	1:07	0.1	5:51	6:24	
31	Mon	7:32	3.4	7:48	3.6	1:24	0.0	1:34	0.0	5:50	6:25	