

































Virginia Beach (outer coast), VA - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:23	3.3	10:54	4.0	4:26	-0.4	4:32	-0.5	6:34	5:57	
2	Fri	11:14	3.0	11:49	3.8	5:25	-0.2	5:26	-0.3	6:33	5:58	
3	Sat			12:10	2.8	6:27	0.0	6:26	-0.2	6:31	5:59	
4	Sun	12:53	3.6	1:20	2.6	7:39	0.2	7:34	0.0	6:30	6:00	
5	Mon	2:14	3.5	2:45	2.6	8:54	0.3	8:48	0.0	6:29	6:01	
6	Tue	3:32	3.4	3:58	2.7	10:01	0.2	9:58	0.0	6:27	6:02	
7	Wed	4:36	3.5	5:00	3.0	11:02	0.1	11:03	-0.1	6:26	6:03	
8	Thu	5:32	3.5	5:53	3.2	11:55	0.0			6:24	6:04	
9	Fri	6:20	3.6	6:39	3.4	12:01	-0.2	12:38	-0.2	6:23	6:05	
10	Sat	7:00	3.6	7:18	3.6	12:48	-0.3	1:13	-0.2	6:21	6:06	
11	Sun	7:35	3.5	7:54	3.7	1:28	-0.3	1:44	-0.3	6:20	6:07	
12	Mon	8:09	3.4	8:28	3.7	2:04	-0.2	2:13	-0.2	6:19	6:08	
13	Tue	8:42	3.3	9:03	3.6	2:38	-0.1	2:43	-0.1	6:17	6:09	
14	Wed	9:16	3.1	9:38	3.5	3:14	0.0	3:16	0.0	6:16	6:10	
15	Thu	9:53	2.9	10:15	3.4	3:53	0.1	3:52	0.2	6:14	6:10	
16	Fri	10:30	2.8	10:54	3.3	4:34	0.3	4:32	0.4	6:13	6:11	
17	Sat	11:09	2.6	11:36	3.2	5:18	0.5	5:15	0.5	6:11	6:12	
18	Sun	11:52	2.5			6:06	0.6	6:03	0.6	6:10	6:13	
19	Mon	12:25	3.1	12:43	2.4	7:01	0.7	6:59	0.6	6:08	6:14	
20	Tue	1:26	3.0	1:50	2.4	8:02	0.7	8:02	0.6	6:07	6:15	
21	Wed	2:36	3.1	3:01	2.5	9:02	0.6	9:05	0.4	6:05	6:16	
22	Thu	3:37	3.2	3:59	2.8	9:55	0.4	10:04	0.2	6:04	6:17	
23	Fri	4:30	3.4	4:52	3.2	10:45	0.2	11:02	0.0	6:02	6:18	
24	Sat	5:21	3.6	5:43	3.6	11:34	-0.1	11:57	-0.3	6:01	6:18	
25	Sun	6:09	3.7	6:31	4.0			12:19	-0.4	5:59	6:19	
26	Mon	6:56	3.8	7:17	4.3	12:49	-0.5	1:02	-0.6	5:58	6:20	
27	Tue	7:41	3.8	8:03	4.5	1:37	-0.7	1:45	-0.7	5:56	6:21	
28	Wed	8:28	3.7	8:52	4.6	2:26	-0.7	2:30	-0.7	5:55	6:22	
29	Thu	9:18	3.6	9:43	4.5	3:17	-0.6	3:18	-0.5	5:53	6:23	
30	Fri	10:10	3.4	10:38	4.3	4:14	-0.4	4:13	-0.3	5:52	6:24	
31	Sat	11:05	3.2	11:35	4.0	5:13	-0.2	5:12	-0.1	5:51	6:25	