

































Virginia Beach (outer coast), VA - Mar 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:59	3.1	5:18	2.8	11:22	0.3	11:13	0.2	6:33	5:58	
2	Sat	5:42	3.2	6:00	2.9			12:02	0.2	6:32	5:59	
3	Sun	6:21	3.4	6:38	3.1			12:35	0.0	6:31	6:00	
4	Mon	6:56	3.5	7:14	3.3	12:38	-0.1	1:07	-0.1	6:29	6:01	
5	Tue	7:30	3.5	7:48	3.5	1:15	-0.3	1:38	-0.2	6:28	6:02	
6	Wed	8:04	3.5	8:25	3.6	1:53	-0.3	2:12	-0.3	6:26	6:03	
7	Thu	8:40	3.5	9:03	3.7	2:32	-0.3	2:48	-0.3	6:25	6:04	
8	Fri	9:20	3.4	9:46	3.7	3:14	-0.3	3:29	-0.3	6:24	6:05	
9	Sat	10:03	3.3	10:32	3.7	4:02	-0.2	4:14	-0.2	6:22	6:05	
10	Sun	10:49	3.2	11:20	3.7	4:53	-0.1	5:04	-0.2	6:21	6:06	
11	Mon	11:39	3.0			5:48	0.0	5:58	-0.1	6:19	6:07	
12	Tue	12:15	3.6	12:36	2.9	6:48	0.1	7:00	0.0	6:18	6:08	
13	Wed	1:20	3.6	1:47	2.9	7:54	0.1	8:08	-0.1	6:16	6:09	
14	Thu	2:35	3.6	3:03	3.0	9:01	0.0	9:16	-0.2	6:15	6:10	
15	Fri	3:44	3.7	4:11	3.3	10:04	-0.1	10:22	-0.3	6:13	6:11	
16	Sat	4:47	3.8	5:13	3.6	11:05	-0.3	11:27	-0.5	6:12	6:12	
17	Sun	5:46	4.0	6:10	3.8			12:01	-0.5	6:10	6:13	
18	Mon	6:38	4.0	7:00	4.1	12:25	-0.7	12:50	-0.6	6:09	6:14	
19	Tue	7:25	4.0	7:46	4.2	1:16	-0.7	1:33	-0.7	6:08	6:15	
20	Wed	8:10	3.9	8:30	4.2	2:03	-0.7	2:15	-0.6	6:06	6:15	
21	Thu	8:54	3.7	9:15	4.0	2:48	-0.6	2:57	-0.5	6:05	6:16	
22	Fri	9:38	3.5	9:59	3.9	3:35	-0.3	3:40	-0.2	6:03	6:17	
23	Sat	10:22	3.3	10:43	3.6	4:23	-0.1	4:25	0.0	6:02	6:18	
24	Sun	11:05	3.1	11:26	3.4	5:11	0.2	5:12	0.3	6:00	6:19	
25	Mon	11:49	2.8			5:59	0.4	5:59	0.5	5:59	6:20	
26	Tue	12:12	3.2	12:40	2.7	6:51	0.6	6:52	0.6	5:57	6:21	
27	Wed	1:08	3.0	1:45	2.6	7:49	0.7	7:52	0.7	5:56	6:22	
28	Thu	2:17	2.9	2:55	2.7	8:47	0.7	8:51	0.7	5:54	6:22	
29	Fri	3:20	3.0	3:50	2.8	9:37	0.6	9:45	0.6	5:53	6:23	
30	Sat	4:12	3.1	4:37	3.0	10:23	0.5	10:36	0.4	5:51	6:24	
31	Sun	4:58	3.2	5:21	3.2	11:07	0.3	11:25	0.2	5:50	6:25	