































Virginia Beach (outer coast), VA - Mar 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:58	2.8			6:09	0.2	6:19	0.1	6:34	5:58	
2	Sun	12:36	3.3	12:54	2.7	7:07	0.3	7:17	0.0	6:32	5:59	
3	Mon	1:40	3.4	2:03	2.7	8:12	0.2	8:22	0.0	6:31	6:00	
4	Tue	2:50	3.5	3:13	2.9	9:15	0.1	9:26	-0.2	6:30	6:01	
5	Wed	3:55	3.7	4:18	3.2	10:17	-0.2	10:29	-0.4	6:28	6:02	
6	Thu	4:56	3.9	5:20	3.5	11:17	-0.4	11:32	-0.7	6:27	6:02	
7	Fri	5:54	4.2	6:18	3.8			12:13	-0.7	6:25	6:03	
8	Sat	6:48	4.3	7:11	4.1	12:31	-0.9	1:03	-0.9	6:24	6:04	
9	Sun	7:38	4.3	8:01	4.3	1:24	-1.0	1:50	-1.0	6:22	6:05	
10	Mon	8:27	4.2	8:51	4.3	2:16	-1.0	2:36	-0.9	6:21	6:06	
11	Tue	9:17	4.0	9:43	4.2	3:08	-0.9	3:25	-0.8	6:20	6:07	
12	Wed	10:08	3.7	10:34	4.0	4:03	-0.6	4:16	-0.6	6:18	6:08	
13	Thu	10:58	3.4	11:25	3.8	5:00	-0.3	5:09	-0.3	6:17	6:09	
14	Fri	11:49	3.1			5:58	0.0	6:03	0.0	6:15	6:10	
15	Sat	12:20	3.5	12:45	2.8	7:00	0.2	7:01	0.2	6:14	6:11	
16	Sun	1:25	3.2	1:58	2.7	8:07	0.4	8:07	0.4	6:12	6:12	
17	Mon	2:40	3.1	3:10	2.7	9:10	0.5	9:10	0.4	6:11	6:13	
18	Tue	3:43	3.1	4:07	2.8	10:05	0.5	10:06	0.4	6:09	6:13	
19	Wed	4:34	3.1	4:55	2.9	10:55	0.4	10:58	0.3	6:08	6:14	
20	Thu	5:20	3.2	5:39	3.1	11:39	0.3	11:44	0.2	6:06	6:15	
21	Fri	6:00	3.3	6:18	3.2			12:15	0.2	6:05	6:16	
22	Sat	6:36	3.4	6:53	3.4	12:23	0.1	12:45	0.1	6:03	6:17	
23	Sun	7:09	3.4	7:26	3.5	12:58	0.0	1:14	0.0	6:02	6:18	
24	Mon	7:41	3.4	7:58	3.6	1:31	-0.1	1:44	-0.1	6:00	6:19	
25	Tue	8:14	3.4	8:32	3.7	2:06	-0.1	2:16	-0.1	5:59	6:20	
26	Wed	8:49	3.3	9:09	3.7	2:42	-0.1	2:51	0.0	5:57	6:20	
27	Thu	9:26	3.2	9:49	3.7	3:22	0.0	3:30	0.1	5:56	6:21	
28	Fri	10:07	3.1	10:32	3.7	4:07	0.1	4:13	0.1	5:55	6:22	
29	Sat	10:51	3.1	11:18	3.6	4:56	0.1	5:02	0.2	5:53	6:23	
30	Sun	11:40	3.0			5:47	0.2	5:56	0.2	5:52	6:24	
31	Mon	12:11	3.6	12:36	3.0	6:45	0.2	6:57	0.2	5:50	6:25	