

































Virginia Beach (outer coast), VA - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:15	2.9	3:39	2.2	9:47	0.6	9:26	0.5	6:33	5:58	
2	Tue	4:12	3.1	4:33	2.4	10:42	0.5	10:20	0.3	6:32	5:59	
3	Wed	5:02	3.2	5:22	2.6	11:31	0.3	11:14	0.1	6:30	6:00	
4	Thu	5:48	3.4	6:07	2.9			12:12	0.1	6:29	6:01	
5	Fri	6:29	3.6	6:48	3.1	12:03	-0.1	12:48	-0.1	6:28	6:02	
6	Sat	7:07	3.7	7:27	3.4	12:48	-0.3	1:22	-0.3	6:26	6:03	
7	Sun	7:45	3.8	8:06	3.7	1:31	-0.4	1:57	-0.4	6:25	6:04	
8	Mon	8:24	3.7	8:48	3.8	2:14	-0.5	2:34	-0.5	6:23	6:05	
9	Tue	9:06	3.6	9:33	3.9	3:00	-0.5	3:15	-0.5	6:22	6:06	
10	Wed	9:51	3.4	10:21	4.0	3:50	-0.4	4:00	-0.4	6:21	6:06	
11	Thu	10:39	3.2	11:12	3.9	4:45	-0.2	4:50	-0.3	6:19	6:07	
12	Fri	11:30	3.0			5:43	0.0	5:44	-0.1	6:18	6:08	
13	Sat	12:08	3.8	12:28	2.7	6:46	0.1	6:46	0.0	6:16	6:09	
14	Sun	1:15	3.6	1:42	2.6	7:57	0.2	7:57	0.1	6:15	6:10	
15	Mon	2:36	3.6	3:06	2.7	9:10	0.3	9:11	0.1	6:13	6:11	
16	Tue	3:50	3.6	4:17	2.9	10:16	0.2	10:20	0.0	6:12	6:12	
17	Wed	4:54	3.7	5:18	3.1	11:17	0.0	11:26	-0.2	6:10	6:13	
18	Thu	5:49	3.8	6:12	3.4			12:09	-0.1	6:09	6:14	
19	Fri	6:37	3.8	6:57	3.6	12:22	-0.3	12:52	-0.3	6:07	6:15	
20	Sat	7:19	3.8	7:38	3.8	1:10	-0.4	1:28	-0.3	6:06	6:15	
21	Sun	7:57	3.7	8:15	3.8	1:51	-0.4	2:02	-0.3	6:04	6:16	
22	Mon	8:34	3.5	8:52	3.8	2:30	-0.3	2:35	-0.2	6:03	6:17	
23	Tue	9:11	3.3	9:29	3.7	3:09	-0.1	3:08	-0.1	6:01	6:18	
24	Wed	9:48	3.1	10:06	3.6	3:49	0.1	3:45	0.1	6:00	6:19	
25	Thu	10:27	2.9	10:45	3.4	4:31	0.3	4:24	0.3	5:59	6:20	
26	Fri	11:06	2.7	11:25	3.3	5:14	0.4	5:07	0.5	5:57	6:21	
27	Sat	11:49	2.6			6:00	0.6	5:53	0.7	5:56	6:22	
28	Sun	12:11	3.1	12:39	2.4	6:53	0.7	6:46	0.8	5:54	6:23	
29	Mon	1:08	3.0	1:45	2.4	7:54	0.8	7:47	0.8	5:53	6:23	
30	Tue	2:19	3.0	2:57	2.5	8:55	0.8	8:49	0.7	5:51	6:24	
31	Wed	3:24	3.1	3:54	2.7	9:48	0.6	9:47	0.5	5:50	6:25	