

































Virginia Beach (outer coast), VA - Mar 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:09	3.5	6:27	3.0			12:33	0.0	6:34	5:57	
2	Fri	6:49	3.5	7:06	3.2	12:31	-0.1	1:08	-0.1	6:33	5:58	
3	Sat	7:23	3.5	7:41	3.3	1:10	-0.2	1:37	-0.2	6:31	5:59	
4	Sun	7:54	3.4	8:13	3.4	1:44	-0.2	2:04	-0.2	6:30	6:00	
5	Mon	8:25	3.3	8:46	3.4	2:17	-0.1	2:31	-0.1	6:29	6:01	
6	Tue	8:57	3.2	9:20	3.4	2:51	0.0	3:00	-0.1	6:27	6:02	
7	Wed	9:31	3.0	9:55	3.4	3:28	0.1	3:33	0.1	6:26	6:03	
8	Thu	10:07	2.8	10:31	3.3	4:08	0.2	4:09	0.2	6:24	6:04	
9	Fri	10:44	2.7	11:10	3.2	4:50	0.3	4:48	0.3	6:23	6:05	
10	Sat	11:23	2.5	11:54	3.2	5:36	0.5	5:32	0.4	6:22	6:06	
11	Sun			1:09	2.4	7:27	0.6	7:22	0.5	7:20	7:07	
12	Mon	1:48	3.1	2:06	2.3	8:27	0.6	8:23	0.5	7:19	7:08	
13	Tue	2:56	3.1	3:19	2.4	9:32	0.6	9:29	0.4	7:17	7:09	
14	Wed	4:06	3.3	4:28	2.6	10:32	0.4	10:33	0.2	7:16	7:09	
15	Thu	5:06	3.5	5:28	2.9	11:29	0.2	11:35	-0.1	7:14	7:10	
16	Fri	6:02	3.7	6:25	3.3			12:22	-0.1	7:13	7:11	
17	Sat	6:55	3.9	7:17	3.7	12:35	-0.4	1:11	-0.4	7:11	7:12	
18	Sun	7:44	4.0	8:06	4.1	1:31	-0.6	1:56	-0.7	7:10	7:13	
19	Mon	8:32	4.0	8:54	4.4	2:23	-0.8	2:39	-0.8	7:08	7:14	
20	Tue	9:19	3.9	9:42	4.5	3:13	-0.8	3:23	-0.8	7:07	7:15	
21	Wed	10:08	3.7	10:33	4.5	4:05	-0.7	4:10	-0.7	7:06	7:16	
22	Thu	10:59	3.5	11:26	4.3	5:01	-0.5	5:01	-0.5	7:04	7:17	
23	Fri	11:52	3.2			5:59	-0.3	5:57	-0.2	7:03	7:17	
24	Sat	12:21	4.0	12:46	2.9	7:01	0.0	6:56	0.0	7:01	7:18	
25	Sun	1:21	3.7	1:51	2.7	8:09	0.3	8:04	0.3	7:00	7:19	
26	Mon	2:37	3.4	3:16	2.7	9:23	0.4	9:20	0.4	6:58	7:20	
27	Tue	4:00	3.3	4:31	2.8	10:29	0.5	10:31	0.4	6:57	7:21	
28	Wed	5:05	3.3	5:29	2.9	11:26	0.4	11:34	0.3	6:55	7:22	
29	Thu	5:58	3.3	6:19	3.1			12:16	0.4	6:54	7:23	
30	Fri	6:43	3.3	7:02	3.3	12:29	0.3	12:58	0.3	6:52	7:24	
31	Sat	7:22	3.3	7:39	3.5	1:16	0.2	1:32	0.2	6:51	7:24	