

































Virginia Beach (outer coast), VA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:15	3.1	10:43	3.7	4:18	-0.1	4:23	-0.3	6:34	5:58	
2	Mon	11:02	2.9	11:34	3.6	5:11	0.0	5:13	-0.2	6:32	5:59	
3	Tue	11:53	2.7			6:08	0.1	6:09	-0.1	6:31	6:00	
4	Wed	12:32	3.6	12:55	2.6	7:14	0.2	7:14	0.0	6:29	6:01	
5	Thu	1:44	3.5	2:14	2.6	8:26	0.2	8:25	-0.1	6:28	6:02	
6	Fri	3:02	3.6	3:31	2.8	9:34	0.1	9:35	-0.2	6:27	6:03	
7	Sat	4:11	3.7	4:38	3.1	10:38	-0.1	10:43	-0.3	6:25	6:03	
8	Sun	6:13	3.8	6:38	3.4			12:36	-0.3	7:24	7:04	
9	Mon	7:08	3.9	7:31	3.7	12:47	-0.5	1:26	-0.5	7:22	7:05	
10	Tue	7:56	3.9	8:19	4.0	1:42	-0.6	2:10	-0.6	7:21	7:06	
11	Wed	8:40	3.8	9:02	4.1	2:31	-0.7	2:49	-0.6	7:19	7:07	
12	Thu	9:22	3.7	9:45	4.1	3:16	-0.6	3:28	-0.5	7:18	7:08	
13	Fri	10:03	3.5	10:28	3.9	4:01	-0.4	4:07	-0.4	7:17	7:09	
14	Sat	10:45	3.2	11:10	3.8	4:46	-0.2	4:48	-0.1	7:15	7:10	
15	Sun	11:26	3.0	11:52	3.5	5:33	0.0	5:31	0.1	7:14	7:11	
16	Mon			12:08	2.8	6:19	0.3	6:16	0.3	7:12	7:12	
17	Tue	12:36	3.3	12:51	2.6	7:07	0.5	7:04	0.5	7:11	7:13	
18	Wed	1:24	3.1	1:43	2.4	8:02	0.7	7:59	0.7	7:09	7:13	
19	Thu	2:27	2.9	2:54	2.4	9:05	0.8	9:02	0.7	7:08	7:14	
20	Fri	3:41	2.9	4:08	2.4	10:05	0.7	10:04	0.7	7:06	7:15	
21	Sat	4:41	3.0	5:04	2.6	10:56	0.6	10:59	0.5	7:05	7:16	
22	Sun	5:30	3.1	5:51	2.8	11:41	0.5	11:51	0.4	7:03	7:17	
23	Mon	6:14	3.2	6:34	3.1			12:23	0.3	7:02	7:18	
24	Tue	6:56	3.3	7:13	3.4	12:41	0.2	1:01	0.1	7:00	7:19	
25	Wed	7:34	3.4	7:51	3.7	1:25	0.0	1:37	-0.1	6:59	7:20	
26	Thu	8:12	3.5	8:28	3.9	2:06	-0.2	2:13	-0.2	6:57	7:21	
27	Fri	8:50	3.5	9:07	4.1	2:46	-0.3	2:49	-0.3	6:56	7:21	
28	Sat	9:30	3.4	9:49	4.2	3:28	-0.3	3:29	-0.3	6:54	7:22	
29	Sun	10:13	3.3	10:36	4.2	4:13	-0.3	4:12	-0.3	6:53	7:23	
30	Mon	11:01	3.2	11:26	4.1	5:04	-0.1	5:02	-0.1	6:51	7:24	
31	Tue	11:52	3.1			5:59	0.0	5:58	0.0	6:50	7:25	