



Virginia Beach (outer coast), VA - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:52	4.1	8:17	4.2	1:40	-1.0	2:04	-1.0	6:34	5:58	☉
2	Tue	8:39	3.9	9:07	4.2	2:30	-0.9	2:49	-0.9	6:32	5:59	☉
3	Wed	9:28	3.7	9:57	4.1	3:23	-0.8	3:36	-0.7	6:31	5:59	☉
4	Thu	10:16	3.4	10:47	3.9	4:18	-0.5	4:25	-0.5	6:30	6:00	☾
5	Fri	11:04	3.1	11:38	3.6	5:14	-0.2	5:17	-0.2	6:28	6:01	☾
6	Sat	11:54	2.8			6:11	0.1	6:11	0.1	6:27	6:02	☾
7	Sun	12:33	3.3	12:51	2.5	7:14	0.4	7:12	0.3	6:26	6:03	☾
8	Mon	1:44	3.1	2:10	2.4	8:23	0.5	8:20	0.4	6:24	6:04	☾
9	Tue	2:59	3.0	3:24	2.5	9:25	0.6	9:24	0.5	6:23	6:05	☾
10	Wed	3:58	3.0	4:20	2.6	10:20	0.5	10:21	0.4	6:21	6:06	☾
11	Thu	4:48	3.1	5:08	2.8	11:08	0.4	11:12	0.3	6:20	6:07	☾
12	Fri	5:32	3.2	5:50	3.0	11:48	0.3	11:57	0.2	6:18	6:08	☾
13	Sat	6:10	3.3	6:27	3.2			12:21	0.2	6:17	6:09	☾
14	Sun	7:45	3.3	8:00	3.3	12:35	0.1	1:50	0.0	7:15	7:10	☾
15	Mon	8:17	3.3	8:32	3.5	2:09	0.0	2:19	-0.1	7:14	7:11	☾
16	Tue	8:49	3.3	9:04	3.6	2:42	-0.1	2:48	-0.1	7:12	7:11	☾
17	Wed	9:22	3.2	9:37	3.7	3:16	-0.1	3:20	-0.1	7:11	7:12	☾
18	Thu	9:57	3.2	10:15	3.7	3:53	-0.1	3:55	-0.1	7:10	7:13	☾
19	Fri	10:35	3.0	10:55	3.7	4:34	0.0	4:34	0.0	7:08	7:14	☾
20	Sat	11:17	2.9	11:40	3.7	5:20	0.1	5:19	0.1	7:07	7:15	☾
21	Sun			12:02	2.9	6:10	0.2	6:10	0.1	7:05	7:16	☾
22	Mon	12:29	3.6	12:52	2.8	7:05	0.3	7:07	0.2	7:04	7:17	☾
23	Tue	1:25	3.5	1:54	2.8	8:07	0.4	8:12	0.2	7:02	7:18	☾
24	Wed	2:34	3.5	3:10	2.9	9:14	0.3	9:22	0.1	7:01	7:19	☾
25	Thu	3:49	3.6	4:23	3.1	10:18	0.1	10:31	-0.1	6:59	7:19	☾
26	Fri	4:55	3.7	5:26	3.5	11:17	-0.1	11:37	-0.3	6:58	7:20	☾
27	Sat	5:56	3.8	6:25	3.9			12:13	-0.3	6:56	7:21	☉
28	Sun	6:53	3.9	7:19	4.2	12:40	-0.5	1:06	-0.5	6:55	7:22	☉
29	Mon	7:45	3.9	8:09	4.4	1:37	-0.7	1:53	-0.7	6:53	7:23	☉
30	Tue	8:33	3.9	8:56	4.5	2:28	-0.8	2:37	-0.7	6:52	7:24	☉
31	Wed	9:19	3.7	9:42	4.5	3:16	-0.7	3:21	-0.6	6:50	7:25	☉