

































Virginia Beach (outer coast), VA - Mar 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	5:30	3.3	5:49	2.9	11:51	0.1	11:58	0.0	6:34	5:57	
2	Wed	6:13	3.4	6:31	3.1			12:31	0.0	6:33	5:58	
3	Thu	6:50	3.4	7:06	3.2	12:40	-0.1	1:02	-0.1	6:31	5:59	
4	Fri	7:23	3.4	7:38	3.4	1:14	-0.1	1:30	-0.2	6:30	6:00	
5	Sat	7:54	3.4	8:10	3.4	1:46	-0.1	1:57	-0.2	6:29	6:01	
6	Sun	8:25	3.3	8:42	3.4	2:17	-0.1	2:26	-0.1	6:27	6:02	
7	Mon	8:58	3.2	9:16	3.4	2:51	0.0	2:57	-0.1	6:26	6:03	
8	Tue	9:33	3.0	9:52	3.4	3:28	0.1	3:32	0.1	6:24	6:04	
9	Wed	10:10	2.9	10:30	3.3	4:09	0.2	4:11	0.2	6:23	6:05	
10	Thu	10:49	2.7	11:12	3.3	4:53	0.3	4:54	0.2	6:22	6:06	
11	Fri	11:30	2.6	11:58	3.2	5:40	0.4	5:41	0.3	6:20	6:07	
12	Sat			12:19	2.6	6:33	0.5	6:35	0.3	6:19	6:08	
13	Sun	12:54	3.2	2:21	2.5	8:34	0.5	8:37	0.3	7:17	7:09	
14	Mon	3:02	3.3	3:33	2.7	9:37	0.4	9:43	0.1	7:16	7:09	
15	Tue	4:10	3.4	4:39	3.0	10:37	0.2	10:47	-0.1	7:14	7:10	
16	Wed	5:11	3.6	5:39	3.3	11:33	-0.1	11:49	-0.3	7:13	7:11	
17	Thu	6:09	3.8	6:37	3.7			12:28	-0.4	7:11	7:12	
18	Fri	7:04	4.0	7:30	4.1	12:50	-0.6	1:19	-0.6	7:10	7:13	
19	Sat	7:55	4.1	8:20	4.4	1:46	-0.8	2:07	-0.8	7:08	7:14	
20	Sun	8:44	4.0	9:10	4.6	2:37	-1.0	2:52	-0.9	7:07	7:15	
21	Mon	9:33	3.9	10:00	4.6	3:28	-0.9	3:39	-0.8	7:05	7:16	
22	Tue	10:24	3.7	10:53	4.4	4:21	-0.7	4:29	-0.6	7:04	7:17	
23	Wed	11:17	3.5	11:46	4.2	5:18	-0.5	5:23	-0.4	7:03	7:18	
24	Thu			12:10	3.2	6:17	-0.2	6:21	-0.1	7:01	7:18	
25	Fri	12:42	3.8	1:06	3.0	7:17	0.1	7:23	0.1	7:00	7:19	
26	Sat	1:44	3.5	2:14	2.8	8:24	0.3	8:33	0.3	6:58	7:20	
27	Sun	3:00	3.3	3:37	2.8	9:33	0.4	9:46	0.4	6:57	7:21	
28	Mon	4:13	3.2	4:43	2.9	10:32	0.5	10:50	0.4	6:55	7:22	
29	Tue	5:10	3.2	5:35	3.0	11:24	0.4	11:47	0.4	6:54	7:23	
30	Wed	5:59	3.2	6:21	3.2			12:10	0.4	6:52	7:24	
31	Thu	6:42	3.2	7:01	3.4	12:37	0.3	12:49	0.3	6:51	7:25	