

































Virginia Beach (outer coast), VA - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:12	3.2	4:33	2.5	10:39	0.4	10:31	0.3	6:34	5:57	
2	Sat	5:03	3.2	5:23	2.7	11:30	0.3	11:23	0.2	6:33	5:58	
3	Sun	5:48	3.3	6:06	2.8			12:13	0.2	6:31	5:59	
4	Mon	6:28	3.4	6:43	3.0	12:07	0.1	12:46	0.1	6:30	6:00	
5	Tue	7:02	3.5	7:17	3.1	12:44	0.0	1:15	0.0	6:29	6:01	
6	Wed	7:34	3.5	7:49	3.2	1:18	-0.1	1:43	-0.1	6:27	6:02	
7	Thu	8:06	3.5	8:22	3.3	1:50	-0.1	2:12	-0.1	6:26	6:03	
8	Fri	8:39	3.4	8:56	3.4	2:25	-0.1	2:43	-0.1	6:24	6:04	
9	Sat	9:13	3.3	9:32	3.4	3:02	0.0	3:18	-0.1	6:23	6:05	
10	Sun	10:50	3.2	11:11	3.4	4:44	0.0	4:56	0.0	7:21	7:06	
11	Mon	11:30	3.0	11:53	3.5	5:29	0.1	5:38	0.0	7:20	7:07	
12	Tue			12:12	2.9	6:18	0.2	6:24	0.1	7:19	7:08	
13	Wed	12:40	3.5	1:01	2.8	7:12	0.3	7:17	0.1	7:17	7:09	
14	Thu	1:34	3.5	2:00	2.7	8:13	0.3	8:18	0.1	7:16	7:10	
15	Fri	2:40	3.5	3:12	2.7	9:20	0.3	9:24	0.0	7:14	7:10	
16	Sat	3:53	3.6	4:24	2.9	10:25	0.1	10:31	-0.1	7:13	7:11	
17	Sun	5:00	3.8	5:29	3.2	11:28	-0.1	11:35	-0.4	7:11	7:12	
18	Mon	6:03	4.0	6:30	3.5			12:28	-0.3	7:10	7:13	
19	Tue	7:01	4.2	7:27	3.9	12:39	-0.6	1:22	-0.6	7:08	7:14	
20	Wed	7:54	4.3	8:18	4.2	1:37	-0.8	2:10	-0.8	7:07	7:15	
21	Thu	8:43	4.2	9:07	4.3	2:30	-0.9	2:55	-0.8	7:05	7:16	
22	Fri	9:31	4.1	9:55	4.3	3:20	-0.9	3:40	-0.7	7:04	7:17	
23	Sat	10:19	3.8	10:45	4.2	4:12	-0.7	4:26	-0.6	7:02	7:18	
24	Sun	11:08	3.5	11:34	4.0	5:05	-0.5	5:15	-0.3	7:01	7:18	
25	Mon	11:56	3.3			6:00	-0.2	6:05	0.0	6:59	7:19	
26	Tue	12:23	3.8	12:44	3.0	6:55	0.1	6:57	0.2	6:58	7:20	
27	Wed	1:14	3.5	1:38	2.7	7:54	0.4	7:54	0.5	6:56	7:21	
28	Thu	2:16	3.2	2:50	2.6	8:58	0.6	9:00	0.6	6:55	7:22	
29	Fri	3:30	3.1	4:05	2.6	10:01	0.6	10:04	0.6	6:54	7:23	
30	Sat	4:34	3.1	5:02	2.7	10:54	0.6	11:00	0.6	6:52	7:24	
31	Sun	5:26	3.1	5:50	2.9	11:43	0.5	11:52	0.5	6:51	7:25	