US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Mar 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	**7:46**	4.1	**8:12**	4.2	**1:35**	-0.9	**1:59**	-0.9	6:33	5:58	
2	Fri	**8:34**	3.9	**9:02**	4.3	**2:25**	-0.9	**2:44**	-0.9	6:32	5:59	
3	Sat	**9:23**	3.7	**9:54**	4.3	**3:18**	-0.8	**3:32**	-0.8	6:31	6:00	
4	Sun	**10:14**	3.5	**10:47**	4.1	**4:15**	-0.6	**4:25**	-0.6	6:29	6:01	
5	Mon	**11:07**	3.2	**11:43**	3.9	**5:14**	-0.3	**5:20**	-0.4	6:28	6:02	
6	Tue			**12:02**	2.9	**6:16**	-0.1	**6:20**	-0.1	6:26	6:03	
7	Wed	**12:46**	3.6	**1:09**	2.7	**7:25**	0.2	**7:28**	0.1	6:25	6:04	
8	Thu	**2:04**	3.4	**2:35**	2.6	**8:39**	0.3	**8:42**	0.1	6:24	6:05	
9	Fri	**3:20**	3.3	**3:47**	2.7	**9:44**	0.3	**9:50**	0.2	6:22	6:05	
10	Sat	**4:22**	3.3	**4:45**	2.9	**10:42**	0.3	**10:52**	0.1	6:21	6:06	
11	Sun	**6:14**	3.3	**6:35**	3.1			**12:33**	0.2	7:19	7:07	
12	Mon	**7:00**	3.4	**7:18**	3.2	**12:47**	0.0	**1:15**	0.1	7:18	7:08	
13	Tue	**7:38**	3.4	**7:55**	3.4	**1:31**	0.0	**1:48**	0.0	7:16	7:09	
14	Wed	**8:12**	3.4	**8:27**	3.5	**2:07**	-0.1	**2:17**	-0.1	7:15	7:10	
15	Thu	**8:43**	3.4	**8:58**	3.6	**2:39**	-0.1	**2:44**	-0.1	7:13	7:11	
16	Fri	**9:15**	3.3	**9:30**	3.6	**3:10**	-0.1	**3:12**	-0.1	7:12	7:12	
17	Sat	**9:48**	3.2	**10:03**	3.6	**3:42**	0.0	**3:43**	0.0	7:10	7:13	
18	Sun	**10:22**	3.0	**10:39**	3.5	**4:18**	0.1	**4:18**	0.1	7:09	7:14	
19	Mon	**10:59**	2.9	**11:17**	3.4	**4:58**	0.2	**4:56**	0.3	7:07	7:15	
20	Tue	**11:38**	2.8	**11:58**	3.4	**5:41**	0.3	**5:39**	0.4	7:06	7:15	
21	Wed			**12:19**	2.7	**6:27**	0.5	**6:25**	0.4	7:05	7:16	
22	Thu	**12:43**	3.3	**1:06**	2.6	**7:18**	0.5	**7:18**	0.5	7:03	7:17	
23	Fri	**1:36**	3.2	**2:04**	2.6	**8:16**	0.6	**8:19**	0.4	7:02	7:18	
24	Sat	**2:41**	3.3	**3:15**	2.7	**9:18**	0.5	**9:26**	0.3	7:00	7:19	
25	Sun	**3:50**	3.4	**4:22**	3.0	**10:17**	0.3	**10:29**	0.1	6:59	7:20	
26	Mon	**4:51**	3.5	**5:21**	3.4	**11:12**	0.0	**11:31**	-0.2	6:57	7:21	
27	Tue	**5:49**	3.7	**6:18**	3.8			**12:06**	-0.2	6:56	7:22	
28	Wed	**6:44**	3.9	**7:11**	4.2	**12:32**	-0.4	**12:58**	-0.5	6:54	7:22	
29	Thu	**7:37**	4.0	**8:02**	4.5	**1:29**	-0.7	**1:46**	-0.7	6:53	7:23	
30	Fri	**8:26**	4.0	**8:51**	4.7	**2:22**	-0.9	**2:32**	-0.8	6:51	7:24	
31	Sat	**9:15**	3.9	**9:41**	4.7	**3:12**	-0.9	**3:19**	-0.8	6:50	7:25	