US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:27	3.7	5:50	3.2	11:48	-0.2			6:34	5:58	
2	Sat	6:18	3.7	6:38	3.4	12:00	-0.4	12:34	-0.3	6:32	5:59	
3	Sun	7:01	3.7	7:20	3.6	12:49	-0.4	1:13	-0.4	6:31	6:00	
4	Mon	7:39	3.6	7:58	3.7	1:32	-0.4	1:47	-0.4	6:29	6:01	
5	Tue	8:15	3.5	8:34	3.7	2:10	-0.4	2:20	-0.4	6:28	6:01	
6	Wed	8:51	3.4	9:11	3.6	2:47	-0.2	2:53	-0.2	6:27	6:02	
7	Thu	9:28	3.2	9:48	3.5	3:25	-0.1	3:28	-0.1	6:25	6:03	
8	Fri	10:05	3.0	10:26	3.4	4:05	0.1	4:06	0.1	6:24	6:04	
9	Sat	10:44	2.8	11:05	3.2	4:47	0.3	4:47	0.3	6:22	6:05	
10	Sun			12:24	2.7	6:31	0.4	6:31	0.4	7:21	7:06	
11	Mon	12:47	3.1	1:08	2.5	7:19	0.6	7:19	0.5	7:20	7:07	
12	Tue	1:37	3.0	2:02	2.4	8:14	0.7	8:14	0.5	7:18	7:08	
13	Wed	2:39	2.9	3:10	2.4	9:15	0.7	9:15	0.5	7:17	7:09	
14	Thu	3:47	3.0	4:15	2.6	10:12	0.6	10:14	0.4	7:15	7:10	
15	Fri	4:45	3.2	5:10	2.8	11:04	0.4	11:11	0.2	7:14	7:11	
16	Sat	5:37	3.3	6:01	3.2	11:54	0.2			7:12	7:12	
17	Sun	6:26	3.5	6:50	3.5	12:07	-0.1	12:41	-0.1	7:11	7:13	
18	Mon	7:13	3.7	7:36	3.9	1:00	-0.3	1:25	-0.4	7:09	7:13	
19	Tue	7:58	3.8	8:21	4.2	1:50	-0.6	2:08	-0.6	7:08	7:14	
20	Wed	8:43	3.8	9:07	4.4	2:37	-0.7	2:50	-0.7	7:06	7:15	
21	Thu	9:29	3.8	9:55	4.4	3:24	-0.7	3:34	-0.7	7:05	7:16	
22	Fri	10:17	3.6	10:46	4.4	4:15	-0.6	4:23	-0.6	7:03	7:17	
23	Sat	11:09	3.5	11:40	4.2	5:10	-0.5	5:17	-0.4	7:02	7:18	
24	Sun			12:02	3.3	6:09	-0.2	6:15	-0.2	7:00	7:19	
25	Mon	12:36	4.0	1:00	3.1	7:10	0.0	7:17	0.0	6:59	7:20	
26	Tue	1:39	3.7	2:09	3.0	8:17	0.1	8:28	0.1	6:57	7:20	
27	Wed	2:56	3.5	3:33	3.0	9:28	0.2	9:44	0.2	6:56	7:21	
28	Thu	4:12	3.5	4:44	3.1	10:31	0.2	10:52	0.1	6:55	7:22	
29	Fri	5:15	3.5	5:42	3.3	11:28	0.1	11:55	0.1	6:53	7:23	
30	Sat	6:09	3.5	6:33	3.5			12:20	0.1	6:52	7:24	
31	Sun	6:57	3.5	7:18	3.7	12:52	0.0	1:05	0.0	6:50	7:25	