

































Virginia Beach (outer coast), VA - Mar 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:45	4.0	6:10	3.5			12:10	-0.5	6:33	5:58	
2	Thu	6:39	4.1	7:02	3.8	12:18	-0.8	12:58	-0.7	6:32	5:59	
3	Fri	7:27	4.1	7:51	4.1	1:12	-0.9	1:41	-0.8	6:30	6:00	
4	Sat	8:13	4.0	8:38	4.2	2:02	-0.9	2:23	-0.8	6:29	6:01	
5	Sun	8:58	3.7	9:25	4.1	2:52	-0.7	3:06	-0.7	6:28	6:02	
6	Mon	9:44	3.4	10:12	4.0	3:43	-0.5	3:51	-0.5	6:26	6:03	
7	Tue	10:30	3.1	10:59	3.7	4:36	-0.2	4:37	-0.2	6:25	6:04	
8	Wed	11:15	2.8	11:47	3.4	5:28	0.1	5:25	0.1	6:23	6:05	
9	Thu			12:01	2.6	6:22	0.4	6:17	0.3	6:22	6:06	
10	Fri	12:40	3.2	12:58	2.4	7:24	0.6	7:16	0.5	6:20	6:06	
11	Sat	1:51	3.0	2:18	2.3	8:32	0.7	8:23	0.6	6:19	6:07	
12	Sun	4:06	2.9	4:30	2.4	10:33	0.7	10:25	0.6	7:18	7:08	
13	Mon	5:03	3.0	5:25	2.5	11:26	0.6	11:21	0.5	7:16	7:09	
14	Tue	5:52	3.1	6:12	2.7			12:12	0.5	7:15	7:10	
15	Wed	6:35	3.2	6:53	2.9	12:12	0.4	12:51	0.3	7:13	7:11	
16	Thu	7:13	3.3	7:30	3.2	12:57	0.2	1:23	0.2	7:12	7:12	
17	Fri	7:48	3.4	8:03	3.4	1:36	0.1	1:53	0.0	7:10	7:13	
18	Sat	8:20	3.4	8:36	3.6	2:12	-0.1	2:22	-0.1	7:09	7:14	
19	Sun	8:53	3.3	9:09	3.7	2:47	-0.1	2:53	-0.2	7:07	7:15	
20	Mon	9:28	3.3	9:45	3.8	3:24	-0.1	3:26	-0.2	7:06	7:15	
21	Tue	10:05	3.2	10:25	3.9	4:04	-0.1	4:04	-0.1	7:04	7:16	
22	Wed	10:47	3.0	11:10	3.8	4:49	0.0	4:47	0.0	7:03	7:17	
23	Thu	11:32	2.9	11:58	3.8	5:39	0.1	5:36	0.1	7:01	7:18	
24	Fri			12:21	2.8	6:33	0.2	6:31	0.1	7:00	7:19	
25	Sat	12:52	3.7	1:17	2.7	7:33	0.3	7:32	0.2	6:58	7:20	
26	Sun	1:55	3.6	2:28	2.7	8:40	0.4	8:43	0.2	6:57	7:21	
27	Mon	3:12	3.5	3:49	2.9	9:49	0.3	9:56	0.1	6:55	7:22	
28	Tue	4:26	3.6	4:58	3.2	10:52	0.1	11:04	-0.1	6:54	7:23	
29	Wed	5:29	3.7	5:59	3.6	11:49	-0.1			6:52	7:23	
30	Thu	6:27	3.8	6:54	3.9	12:10	-0.3	12:43	-0.3	6:51	7:24	
31	Fri	7:20	3.8	7:44	4.2	1:10	-0.5	1:30	-0.5	6:50	7:25	