


































Virginia Beach (outer coast), VA - Mar 2024

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 1:06 | 3.2 | 1:25 | 2.6 | 7:41 | 0.3 | 7:44 | 0.3 | 6:33 | 5:58 |  |
| 2 | Mon | 2:17 | 3.1 | 2:40 | 2.5 | 8:47 | 0.5 | 8:46 | 0.3 | 6:32 | 5:59 |  |
| 3 | Tue | 3:22 | 3.0 | 3:43 | 2.5 | 9:45 | 0.5 | 9:42 | 0.4 | 6:31 | 6:00 |  |
| 4 | Wed | 4:16 | 3.1 | 4:35 | 2.6 | 10:38 | 0.4 | 10:34 | 0.3 | 6:29 | 6:01 |  |
| 5 | Thu | 5:04 | 3.2 | 5:22 | 2.7 | 11:26 | 0.3 | 11:23 | 0.2 | 6:28 | 6:02 |  |
| 6 | Fri | 5:47 | 3.3 | 6:04 | 2.9 | | | 12:06 | 0.2 | 6:26 | 6:03 |  |
| 7 | Sat | 6:26 | 3.4 | 6:41 | 3.1 | 12:06 | 0.1 | 12:39 | 0.1 | 6:25 | 6:04 |  |
| 8 | Sun | 8:00 | 3.5 | 8:15 | 3.2 | 12:43 | -0.1 | 2:09 | -0.1 | 7:24 | 7:04 |  |
| 9 | Mon | 8:33 | 3.5 | 8:48 | 3.4 | 2:18 | -0.1 | 2:39 | -0.2 | 7:22 | 7:05 |  |
| 10 | Tue | 9:06 | 3.5 | 9:22 | 3.5 | 2:52 | -0.2 | 3:10 | -0.2 | 7:21 | 7:06 |  |
| 11 | Wed | 9:40 | 3.4 | 9:58 | 3.5 | 3:29 | -0.2 | 3:45 | -0.2 | 7:19 | 7:07 |  |
| 12 | Thu | 10:17 | 3.3 | 10:37 | 3.6 | 4:09 | -0.1 | 4:23 | -0.2 | 7:18 | 7:08 |  |
| 13 | Fri | 10:57 | 3.2 | 11:20 | 3.6 | 4:53 | -0.1 | 5:05 | -0.1 | 7:16 | 7:09 |  |
| 14 | Sat | 11:41 | 3.1 | | | 5:42 | 0.0 | 5:51 | -0.1 | 7:15 | 7:10 |  |
| 15 | Sun | 12:06 | 3.6 | 12:27 | 3.0 | 6:34 | 0.1 | 6:42 | 0.0 | 7:13 | 7:11 |  |
| 16 | Mon | 12:56 | 3.6 | 1:21 | 2.9 | 7:31 | 0.2 | 7:40 | 0.0 | 7:12 | 7:12 |  |
| 17 | Tue | 1:56 | 3.5 | 2:27 | 2.9 | 8:35 | 0.2 | 8:45 | 0.0 | 7:10 | 7:13 |  |
| 18 | Wed | 3:08 | 3.6 | 3:42 | 3.0 | 9:43 | 0.1 | 9:53 | -0.1 | 7:09 | 7:14 |  |
| 19 | Thu | 4:20 | 3.7 | 4:51 | 3.2 | 10:47 | 0.0 | 10:58 | -0.3 | 7:08 | 7:14 |  |
| 20 | Fri | 5:25 | 3.9 | 5:54 | 3.5 | 11:48 | -0.2 | | | 7:06 | 7:15 |  |
| 21 | Sat | 6:26 | 4.0 | 6:53 | 3.8 | 12:03 | -0.5 | 12:46 | -0.5 | 7:05 | 7:16 |  |
| 22 | Sun | 7:22 | 4.1 | 7:46 | 4.1 | 1:05 | -0.7 | 1:38 | -0.6 | 7:03 | 7:17 |  |
| 23 | Mon | 8:12 | 4.2 | 8:35 | 4.3 | 1:59 | -0.8 | 2:24 | -0.7 | 7:02 | 7:18 |  |
| 24 | Tue | 8:59 | 4.1 | 9:22 | 4.3 | 2:49 | -0.8 | 3:08 | -0.7 | 7:00 | 7:19 |  |
| 25 | Wed | 9:45 | 3.9 | 10:09 | 4.2 | 3:37 | -0.7 | 3:52 | -0.6 | 6:59 | 7:20 |  |
| 26 | Thu | 10:32 | 3.7 | 10:56 | 4.1 | 4:26 | -0.5 | 4:38 | -0.4 | 6:57 | 7:21 |  |
| 27 | Fri | 11:18 | 3.4 | 11:43 | 3.8 | 5:18 | -0.3 | 5:25 | -0.1 | 6:56 | 7:22 |  |
| 28 | Sat | | | 12:04 | 3.1 | 6:09 | 0.0 | 6:14 | 0.2 | 6:54 | 7:22 |  |
| 29 | Sun | 12:29 | 3.6 | 12:50 | 2.9 | 7:00 | 0.3 | 7:05 | 0.4 | 6:53 | 7:23 |  |
| 30 | Mon | 1:18 | 3.3 | 1:43 | 2.7 | 7:55 | 0.5 | 8:00 | 0.6 | 6:51 | 7:24 |  |
| 31 | Tue | 2:17 | 3.1 | 2:52 | 2.6 | 8:55 | 0.6 | 9:03 | 0.7 | 6:50 | 7:25 |  |