

































Virginia Beach (outer coast), VA - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:08	3.7	4:32	2.9	10:35	0.0	10:36	-0.3	6:33	5:58	
2	Fri	5:11	3.8	5:34	3.1	11:37	-0.2	11:40	-0.4	6:32	5:59	
3	Sat	6:07	3.9	6:28	3.3			12:29	-0.3	6:30	6:00	
4	Sun	6:55	3.9	7:15	3.5	12:36	-0.5	1:13	-0.4	6:29	6:01	
5	Mon	7:38	3.9	7:57	3.6	1:23	-0.6	1:52	-0.5	6:27	6:02	
6	Tue	8:18	3.8	8:38	3.6	2:06	-0.5	2:28	-0.4	6:26	6:03	
7	Wed	8:57	3.6	9:18	3.6	2:47	-0.4	3:04	-0.3	6:25	6:04	
8	Thu	9:35	3.4	9:57	3.5	3:29	-0.2	3:41	-0.2	6:23	6:05	
9	Fri	10:14	3.2	10:36	3.4	4:13	0.0	4:19	0.0	6:22	6:06	
10	Sat	10:52	2.9	11:15	3.2	4:57	0.2	4:59	0.2	6:20	6:07	
11	Sun			12:32	2.7	6:41	0.4	6:41	0.4	7:19	7:07	
12	Mon	12:57	3.1	1:17	2.5	7:30	0.6	7:27	0.5	7:17	7:08	
13	Tue	1:46	3.0	2:12	2.4	8:26	0.7	8:21	0.6	7:16	7:09	
14	Wed	2:49	2.9	3:22	2.4	9:28	0.7	9:20	0.6	7:14	7:10	
15	Thu	3:57	3.0	4:26	2.5	10:26	0.6	10:18	0.5	7:13	7:11	
16	Fri	4:55	3.1	5:20	2.6	11:18	0.5	11:13	0.3	7:12	7:12	
17	Sat	5:46	3.3	6:09	2.9			12:08	0.3	7:10	7:13	
18	Sun	6:34	3.5	6:56	3.2	12:06	0.1	12:53	0.1	7:09	7:14	
19	Mon	7:18	3.7	7:39	3.5	12:58	-0.1	1:34	-0.2	7:07	7:15	
20	Tue	8:00	3.8	8:21	3.8	1:45	-0.4	2:13	-0.4	7:06	7:16	
21	Wed	8:41	3.9	9:03	4.0	2:30	-0.5	2:51	-0.5	7:04	7:16	
22	Thu	9:24	3.8	9:48	4.2	3:15	-0.6	3:32	-0.5	7:03	7:17	
23	Fri	10:09	3.7	10:36	4.2	4:04	-0.6	4:16	-0.5	7:01	7:18	
24	Sat	10:58	3.5	11:27	4.2	4:56	-0.4	5:06	-0.4	7:00	7:19	
25	Sun	11:48	3.3			5:53	-0.3	5:59	-0.2	6:58	7:20	
26	Mon	12:20	4.0	12:42	3.1	6:52	-0.1	6:57	-0.1	6:57	7:21	
27	Tue	1:18	3.9	1:44	2.9	7:57	0.1	8:02	0.1	6:55	7:22	
28	Wed	2:29	3.7	3:04	2.9	9:08	0.2	9:15	0.2	6:54	7:23	
29	Thu	3:50	3.6	4:23	3.0	10:18	0.2	10:27	0.1	6:52	7:23	
30	Fri	4:59	3.6	5:28	3.2	11:20	0.2	11:34	0.0	6:51	7:24	
31	Sat	5:59	3.7	6:25	3.4			12:17	0.1	6:49	7:25	