US HARBORS www.USHarbors.com

West Point, VA - Mar 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:38	2.2	5:59	1.8			12:49	0.4	6:37	6:01	
2	Sun	6:50	2.3	7:09	1.9	12:37	0.2	1:49	0.3	6:36	6:02	
3	Mon	7:51	2.4	8:07	2.0	1:41	0.2	2:40	0.3	6:34	6:03	
4	Tue	8:42	2.5	8:57	2.2	2:37	0.1	3:26	0.1	6:33	6:04	
5	Wed	9:27	2.7	9:43	2.5	3:30	0.0	4:09	0.0	6:31	6:05	
6	Thu	10:10	2.8	10:26	2.7	4:21	-0.2	4:50	-0.1	6:30	6:06	
7	Fri	10:52	2.9	11:09	2.9	5:08	-0.3	5:29	-0.3	6:28	6:07	
8	Sat	11:33	2.9	11:51	3.1	5:53	-0.3	6:07	-0.3	6:27	6:08	
9	Sun			1:16	2.9	7:38	-0.3	7:47	-0.4	7:26	7:09	
10	Mon	1:35	3.2	2:00	2.8	8:25	-0.3	8:29	-0.3	7:24	7:10	
11	Tue	2:22	3.2	2:48	2.7	9:16	-0.2	9:16	-0.3	7:23	7:10	
12	Wed	3:13	3.2	3:39	2.5	10:14	-0.1	10:11	-0.2	7:21	7:11	
13	Thu	4:09	3.0	4:34	2.4	11:17	0.1	11:12	-0.1	7:20	7:12	
14	Fri	5:10	2.9	5:36	2.2			12:25	0.2	7:18	7:13	
15	Sat	6:22	2.7	6:51	2.2	12:20	0.0	1:37	0.2	7:17	7:14	
16	Sun	7:46	2.7	8:12	2.3	1:35	0.1	2:44	0.2	7:15	7:15	
17	Mon	8:58	2.7	9:18	2.5	2:47	0.0	3:42	0.1	7:14	7:16	
18	Tue	9:54	2.8	10:13	2.7	3:50	0.0	4:34	0.1	7:12	7:17	
19	Wed	10:42	2.8	11:01	2.9	4:48	-0.1	5:20	0.0	7:11	7:18	
20	Thu	11:25	2.8	11:44	3.0	5:39	-0.1	6:01	-0.1	7:09	7:19	
21	Fri			12:04	2.8	6:25	-0.1	6:38	-0.1	7:08	7:20	
22	Sat	12:23	3.1	12:40	2.8	7:05	-0.1	7:12	-0.1	7:06	7:21	
23	Sun	12:58	3.1	1:14	2.7	7:42	-0.1	7:43	0.0	7:05	7:22	
24	Mon	1:33	3.0	1:49	2.6	8:18	0.0	8:14	0.1	7:03	7:22	
25	Tue	2:07	2.9	2:26	2.5	8:55	0.1	8:47	0.2	7:02	7:23	
26	Wed	2:44	2.8	3:05	2.4	9:34	0.2	9:23	0.3	7:00	7:24	
27	Thu	3:24	2.7	3:46	2.3	10:17	0.3	10:06	0.3	6:59	7:25	
28	Fri	4:07	2.6	4:29	2.2	11:05	0.4	10:56	0.4	6:57	7:26	
29	Sat	4:55	2.5	5:18	2.1	11:58	0.5	11:53	0.4	6:56	7:27	
30	Sun	5:50	2.5	6:16	2.1			12:57	0.5	6:54	7:28	
31	Mon	6:55	2.5	7:24	2.2	12:58	0.4	1:57	0.5	6:53	7:29	