US HARBORS www.USHarbors.com

West Point, VA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:35	2.8	1:58	2.5	8:24	-0.1	8:26	-0.2	6:37	6:01	
2	Mon	2:21	2.8	2:46	2.3	9:17	0.0	9:17	-0.1	6:36	6:02	
3	Tue	3:13	2.8	3:38	2.2	10:17	0.1	10:15	-0.1	6:35	6:03	
4	Wed	4:11	2.7	4:38	2.1	11:25	0.2	11:21	0.0	6:33	6:04	
5	Thu	5:19	2.7	5:51	2.1			12:38	0.2	6:32	6:04	
6	Fri	6:40	2.7	7:10	2.2	12:35	-0.1	1:47	0.1	6:30	6:05	
7	Sat	7:54	2.8	8:18	2.5	1:47	-0.1	2:48	0.0	6:29	6:06	
8	Sun	9:55	2.9	10:18	2.7	3:54	-0.2	4:43	-0.1	7:27	7:07	
9	Mon	10:49	3.0	11:11	2.9	4:55	-0.3	5:33	-0.2	7:26	7:08	
10	Tue	11:38	3.0			5:51	-0.4	6:18	-0.3	7:24	7:09	
11	Wed	12:00	3.1	12:23	3.0	6:42	-0.4	7:00	-0.3	7:23	7:10	
12	Thu	12:45	3.2	1:04	2.9	7:28	-0.3	7:39	-0.3	7:21	7:11	
13	Fri	1:27	3.2	1:45	2.8	8:12	-0.2	8:17	-0.2	7:20	7:12	
14	Sat	2:09	3.1	2:26	2.6	8:56	-0.1	8:56	-0.1	7:18	7:13	
15	Sun	2:51	2.9	3:08	2.4	9:41	0.1	9:37	0.1	7:17	7:14	
16	Mon	3:34	2.8	3:51	2.3	10:29	0.2	10:22	0.2	7:15	7:15	
17	Tue	4:19	2.6	4:36	2.2	11:20	0.3	11:12	0.3	7:14	7:16	
18	Wed	5:07	2.5	5:26	2.1			12:15	0.4	7:12	7:17	
19	Thu	6:04	2.4	6:26	2.0	12:08	0.4	1:14	0.5	7:11	7:18	
20	Fri	7:13	2.3	7:37	2.1	1:12	0.4	2:13	0.5	7:09	7:19	
21	Sat	8:20	2.4	8:39	2.2	2:16	0.4	3:04	0.4	7:08	7:20	
22	Sun	9:12	2.5	9:29	2.4	3:13	0.3	3:49	0.3	7:06	7:20	
23	Mon	9:57	2.6	10:12	2.6	4:04	0.2	4:30	0.2	7:05	7:21	
24	Tue	10:38	2.7	10:53	2.8	4:52	0.1	5:09	0.1	7:03	7:22	
25	Wed	11:17	2.8	11:31	3.0	5:37	0.0	5:47	0.0	7:02	7:23	
26	Thu	11:56	2.8			6:20	-0.1	6:24	-0.1	7:00	7:24	
27	Fri	12:10	3.1	12:34	2.8	7:00	-0.1	7:01	-0.1	6:59	7:25	
28	Sat	12:48	3.2	1:14	2.8	7:41	-0.1	7:39	-0.1	6:57	7:26	
29	Sun	1:30	3.3	1:56	2.8	8:24	-0.1	8:21	-0.1	6:56	7:27	
30	Mon	2:15	3.3	2:43	2.7	9:12	0.0	9:08	-0.1	6:54	7:28	
31	Tue	3:06	3.2	3:35	2.6	10:08	0.1	10:04	0.0	6:53	7:29	