

Shell Island, Atchafalaya Bay, LA - Mar 2010

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 4:57 | 1.2 | 5:49 | 0.9 | 9:57 | -0.1 | 9:45 | 0.0 | 6:30 | 6:04 | ☉ |
| 2 | Tue | 6:10 | 1.2 | 6:08 | 0.9 | 10:46 | 0.2 | 10:41 | -0.2 | 6:29 | 6:05 | ☉ |
| 3 | Wed | 7:24 | 1.2 | 6:24 | 0.9 | 11:37 | 0.5 | 11:41 | -0.3 | 6:28 | 6:05 | ☉ |
| 4 | Thu | 8:44 | 1.1 | 6:32 | 0.9 | | | 12:35 | 0.8 | 6:27 | 6:06 | ☾ |
| 5 | Fri | 10:16 | 1.1 | 6:21 | 1.0 | 12:42 | -0.4 | 1:50 | 1.0 | 6:26 | 6:07 | ☾ |
| 6 | Sat | | | 12:11 | 1.1 | 1:44 | -0.4 | | | 6:24 | 6:07 | ☾ |
| 7 | Sun | | | 3:49 | 1.1 | 2:50 | -0.4 | | | 6:23 | 6:08 | ☾ |
| 8 | Mon | | | 4:49 | 1.1 | 3:59 | -0.3 | | | 6:22 | 6:09 | ☾ |
| 9 | Tue | | | 5:27 | 1.1 | 5:08 | -0.3 | | | 6:21 | 6:09 | ☾ |
| 10 | Wed | | | 5:28 | 1.1 | 6:10 | -0.2 | | | 6:20 | 6:10 | ☾ |
| 11 | Thu | | | 4:47 | 1.0 | 7:01 | -0.2 | 8:03 | 0.9 | 6:19 | 6:11 | ☾ |
| 12 | Fri | 1:23 | 1.0 | 4:44 | 1.0 | 7:42 | -0.1 | 7:58 | 0.8 | 6:18 | 6:11 | ☾ |
| 13 | Sat | 2:39 | 1.0 | 4:51 | 1.0 | 8:16 | 0.0 | 8:18 | 0.7 | 6:16 | 6:12 | ☾ |
| 14 | Sun | 4:43 | 1.0 | 6:01 | 1.0 | 9:46 | 0.2 | 9:46 | 0.5 | 7:15 | 7:12 | ☾ |
| 15 | Mon | 5:40 | 1.1 | 6:09 | 1.0 | 10:15 | 0.3 | 10:17 | 0.3 | 7:14 | 7:13 | ☾ |
| 16 | Tue | 6:35 | 1.1 | 6:15 | 1.0 | 10:46 | 0.5 | 10:49 | 0.2 | 7:13 | 7:14 | ☾ |
| 17 | Wed | 7:30 | 1.1 | 6:19 | 1.0 | 11:18 | 0.7 | 11:23 | 0.0 | 7:12 | 7:14 | ☾ |
| 18 | Thu | 8:27 | 1.2 | 6:21 | 1.0 | 11:55 | 0.8 | | | 7:11 | 7:15 | ☾ |
| 19 | Fri | 9:31 | 1.2 | 6:20 | 1.1 | 12:01 | -0.1 | 12:36 | 1.0 | 7:09 | 7:15 | ☾ |
| 20 | Sat | 10:49 | 1.3 | 5:59 | 1.2 | 12:45 | -0.2 | 1:12 | 1.2 | 7:08 | 7:16 | ☾ |
| 21 | Sun | | | 4:27 | 1.3 | 1:36 | -0.2 | | | 7:07 | 7:17 | ☾ |
| 22 | Mon | | | 5:18 | 1.4 | 2:34 | -0.3 | | | 7:06 | 7:17 | ☾ |
| 23 | Tue | | | 6:10 | 1.4 | 3:40 | -0.3 | | | 7:05 | 7:18 | ☾ |
| 24 | Wed | | | 6:36 | 1.3 | 4:51 | -0.2 | | | 7:03 | 7:18 | ☾ |
| 25 | Thu | | | 4:02 | 1.3 | 6:05 | -0.2 | 6:51 | 1.2 | 7:02 | 7:19 | ☾ |
| 26 | Fri | 12:36 | 1.3 | 4:21 | 1.2 | 7:15 | -0.1 | 7:26 | 1.0 | 7:01 | 7:20 | ☾ |
| 27 | Sat | 2:34 | 1.3 | 4:40 | 1.2 | 8:17 | 0.1 | 8:10 | 0.7 | 7:00 | 7:20 | ☉ |
| 28 | Sun | 4:03 | 1.4 | 4:59 | 1.1 | 9:14 | 0.3 | 8:54 | 0.4 | 6:59 | 7:21 | ☉ |
| 29 | Mon | 5:20 | 1.5 | 5:18 | 1.1 | 10:07 | 0.5 | 9:40 | 0.1 | 6:57 | 7:21 | ☉ |
| 30 | Tue | 6:29 | 1.6 | 5:35 | 1.2 | 11:01 | 0.8 | 10:26 | -0.1 | 6:56 | 7:22 | ☉ |
| 31 | Wed | 7:33 | 1.7 | 5:49 | 1.2 | 11:59 | 1.0 | 11:15 | -0.2 | 6:55 | 7:23 | ☉ |