

Metompkin Inlet, VA - Mar 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:13	3.5	2:31	2.6	8:27	0.9	8:23	0.5	6:33	5:56	
2	Thu	3:19	3.6	3:36	2.6	9:30	0.9	9:25	0.3	6:31	5:57	
3	Fri	4:23	3.8	4:39	2.9	10:32	0.6	10:28	0.0	6:30	5:58	
4	Sat	5:21	4.1	5:37	3.2	11:30	0.3	11:29	-0.4	6:29	5:59	
5	Sun	6:15	4.4	6:30	3.6			12:21	-0.1	6:27	5:59	
6	Mon	7:05	4.6	7:22	4.0	12:26	-0.8	1:08	-0.5	6:26	6:00	
7	Tue	7:54	4.6	8:13	4.3	1:20	-1.1	1:53	-0.8	6:24	6:01	
8	Wed	8:42	4.6	9:03	4.6	2:12	-1.2	2:38	-1.0	6:23	6:02	
9	Thu	9:30	4.4	9:52	4.7	3:04	-1.2	3:23	-1.0	6:21	6:03	
10	Fri	10:18	4.0	10:43	4.7	3:57	-1.1	4:09	-0.9	6:20	6:04	
11	Sat	11:06	3.7	11:35	4.5	4:51	-0.8	4:58	-0.7	6:18	6:05	
12	Sun	11:56	3.3			5:49	-0.4	5:50	-0.4	6:17	6:06	
13	Mon	12:30	4.2	12:51	2.9	6:51	0.0	6:48	-0.1	6:15	6:07	
14	Tue	1:32	3.9	1:53	2.6	7:56	0.4	7:50	0.2	6:14	6:08	
15	Wed	2:42	3.7	3:04	2.5	9:07	0.6	8:56	0.3	6:12	6:09	
16	Thu	3:57	3.6	4:16	2.6	10:18	0.6	10:03	0.3	6:11	6:10	
17	Fri	5:04	3.6	5:16	2.7	11:19	0.6	11:05	0.2	6:09	6:11	
18	Sat	5:56	3.6	6:04	3.0			12:06	0.5	6:08	6:12	
19	Sun	6:37	3.7	6:44	3.2			12:42	0.4	6:06	6:13	
20	Mon	7:14	3.7	7:22	3.5	12:42	0.0	1:13	0.2	6:05	6:14	
21	Tue	7:49	3.7	8:00	3.7	1:22	-0.1	1:43	0.1	6:03	6:15	
22	Wed	8:24	3.7	8:37	3.9	2:00	-0.2	2:14	0.1	6:02	6:16	
23	Thu	9:00	3.6	9:14	4.0	2:37	-0.1	2:45	0.1	6:00	6:16	
24	Fri	9:36	3.5	9:51	4.0	3:14	-0.1	3:18	0.2	5:59	6:17	
25	Sat	10:12	3.3	10:29	4.0	3:52	0.1	3:52	0.3	5:57	6:18	
26	Sun	10:49	3.2	11:08	3.9	4:33	0.3	4:29	0.5	5:56	6:19	
27	Mon	11:28	3.0	11:52	3.9	5:17	0.5	5:10	0.6	5:54	6:20	
28	Tue			12:10	2.9	6:06	0.7	5:58	0.7	5:53	6:21	
29	Wed	12:42	3.8	1:01	2.8	7:00	0.9	6:54	0.7	5:51	6:22	
30	Thu	1:41	3.8	2:03	2.8	8:00	0.9	7:56	0.6	5:50	6:23	
31	Fri	2:46	3.8	3:10	2.9	9:01	0.8	9:01	0.4	5:48	6:24	