

Metompkin Inlet, VA - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:18	3.6	11:48	4.4	5:03	-0.6	5:12	-0.5	6:33	5:55	
2	Fri			12:09	3.3	6:00	-0.3	6:05	-0.4	6:32	5:56	
3	Sat	12:44	4.2	1:05	3.0	7:03	0.1	7:03	-0.2	6:30	5:57	
4	Sun	1:48	4.0	2:09	2.7	8:09	0.3	8:07	-0.1	6:29	5:58	
5	Mon	3:00	3.8	3:21	2.6	9:20	0.4	9:14	0.0	6:28	5:59	
6	Tue	4:13	3.8	4:32	2.7	10:30	0.4	10:22	-0.1	6:26	6:00	
7	Wed	5:19	3.9	5:34	2.9	11:33	0.2	11:25	-0.2	6:25	6:01	
8	Thu	6:14	3.9	6:26	3.2			12:23	0.1	6:23	6:02	
9	Fri	7:00	3.9	7:11	3.4	12:21	-0.4	1:05	-0.1	6:22	6:03	
10	Sat	7:41	3.9	7:53	3.6	1:09	-0.5	1:41	-0.2	6:20	6:04	
11	Sun	8:20	3.9	8:33	3.8	1:52	-0.6	2:16	-0.3	6:19	6:05	
12	Mon	8:57	3.7	9:12	3.9	2:33	-0.5	2:49	-0.2	6:17	6:06	
13	Tue	9:34	3.6	9:50	3.9	3:12	-0.4	3:22	-0.1	6:16	6:07	
14	Wed	10:11	3.4	10:29	3.9	3:52	-0.2	3:57	0.0	6:14	6:08	
15	Thu	10:49	3.2	11:09	3.8	4:32	0.1	4:33	0.2	6:13	6:09	
16	Fri	11:28	3.0	11:52	3.7	5:15	0.4	5:13	0.4	6:11	6:10	
17	Sat			12:10	2.8	6:01	0.7	5:57	0.6	6:10	6:11	
18	Sun	12:39	3.5	12:56	2.7	6:52	0.9	6:47	0.7	6:08	6:12	
19	Mon	1:33	3.4	1:51	2.6	7:47	1.1	7:43	0.8	6:07	6:13	
20	Tue	2:35	3.4	2:53	2.6	8:45	1.1	8:42	0.7	6:05	6:13	
21	Wed	3:37	3.5	3:55	2.8	9:43	1.0	9:43	0.5	6:04	6:14	
22	Thu	4:35	3.7	4:52	3.1	10:38	0.7	10:42	0.2	6:02	6:15	
23	Fri	5:27	4.0	5:44	3.5	11:28	0.4	11:38	-0.1	6:01	6:16	
24	Sat	6:15	4.2	6:33	3.9			12:15	0.0	5:59	6:17	
25	Sun	7:02	4.3	7:21	4.3	12:32	-0.5	12:59	-0.3	5:58	6:18	
26	Mon	7:49	4.3	8:09	4.7	1:23	-0.7	1:42	-0.6	5:56	6:19	
27	Tue	8:36	4.3	8:57	4.9	2:13	-0.9	2:26	-0.7	5:55	6:20	
28	Wed	9:23	4.1	9:46	5.0	3:03	-0.9	3:11	-0.8	5:53	6:21	
29	Thu	10:11	3.9	10:37	4.9	3:55	-0.8	3:58	-0.7	5:52	6:22	
30	Fri	11:01	3.6	11:31	4.7	4:50	-0.5	4:50	-0.5	5:50	6:23	
31	Sat	11:54	3.3			5:48	-0.2	5:46	-0.2	5:49	6:24	