

Metompkin Inlet, VA - Mar 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:40	3.5	5:50	3.0	11:46	0.6	11:44	0.1	6:32	5:56	
2	Sat	6:24	3.7	6:35	3.2			12:26	0.4	6:31	5:57	
3	Sun	7:05	3.9	7:17	3.5	12:29	-0.1	1:04	0.2	6:30	5:58	
4	Mon	7:45	4.0	7:58	3.7	1:11	-0.2	1:41	0.0	6:28	5:59	
5	Tue	8:24	4.1	8:39	3.9	1:52	-0.3	2:17	-0.1	6:27	6:00	
6	Wed	9:03	4.1	9:19	4.0	2:32	-0.4	2:55	-0.2	6:25	6:01	
7	Thu	9:42	4.0	10:00	4.1	3:14	-0.4	3:33	-0.2	6:24	6:02	
8	Fri	10:23	3.9	10:43	4.2	3:57	-0.3	4:14	-0.2	6:22	6:03	
9	Sat	11:05	3.7	11:29	4.1	4:44	-0.2	4:58	-0.1	6:21	6:04	
10	Sun	11:50	3.5			5:35	0.0	5:47	0.0	6:19	6:05	
11	Mon	12:19	4.1	12:42	3.3	6:31	0.1	6:41	0.0	6:18	6:06	
12	Tue	1:17	4.0	1:41	3.2	7:32	0.3	7:41	0.0	6:17	6:07	
13	Wed	2:21	4.0	2:46	3.1	8:35	0.3	8:45	-0.1	6:15	6:07	
14	Thu	3:28	4.0	3:54	3.2	9:40	0.2	9:50	-0.2	6:14	6:08	
15	Fri	4:34	4.1	4:58	3.5	10:42	0.0	10:55	-0.5	6:12	6:09	
16	Sat	5:34	4.3	5:56	3.7	11:41	-0.3	11:55	-0.7	6:11	6:10	
17	Sun	6:29	4.3	6:50	4.0			12:33	-0.6	6:09	6:11	
18	Mon	7:21	4.4	7:41	4.2	12:51	-1.0	1:22	-0.8	6:07	6:12	
19	Tue	8:09	4.3	8:29	4.4	1:43	-1.1	2:07	-0.9	6:06	6:13	
20	Wed	8:56	4.2	9:16	4.4	2:32	-1.1	2:50	-0.8	6:04	6:14	
21	Thu	9:40	4.0	10:01	4.3	3:19	-0.9	3:33	-0.7	6:03	6:15	
22	Fri	10:24	3.7	10:46	4.2	4:06	-0.6	4:16	-0.4	6:01	6:16	
23	Sat	11:08	3.4	11:31	4.0	4:53	-0.3	5:01	-0.1	6:00	6:17	
24	Sun	11:53	3.2			5:42	0.1	5:47	0.2	5:58	6:18	
25	Mon	12:19	3.7	12:40	3.0	6:33	0.4	6:37	0.4	5:57	6:19	
26	Tue	1:10	3.5	1:32	2.8	7:26	0.7	7:29	0.6	5:55	6:19	
27	Wed	2:07	3.4	2:30	2.8	8:20	0.9	8:25	0.7	5:54	6:20	
28	Thu	3:07	3.3	3:30	2.8	9:15	0.9	9:22	0.7	5:52	6:21	
29	Fri	4:06	3.4	4:26	3.0	10:08	0.9	10:17	0.6	5:51	6:22	
30	Sat	4:59	3.5	5:17	3.3	10:57	0.7	11:10	0.4	5:49	6:23	
31	Sun	5:45	3.7	6:02	3.6	11:42	0.5	11:58	0.2	5:48	6:24	