

Metompkin Inlet, VA - Mar 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:46	3.7	1:06	3.1	6:54	0.5	7:05	0.3	6:33	5:56	
2	Sun	1:41	3.7	2:03	3.0	7:52	0.5	8:02	0.2	6:31	5:57	
3	Mon	2:44	3.8	3:07	3.1	8:54	0.5	9:03	0.1	6:30	5:58	
4	Tue	3:49	4.0	4:11	3.2	9:57	0.3	10:06	-0.2	6:29	5:59	
5	Wed	4:51	4.2	5:12	3.5	10:59	0.0	11:08	-0.6	6:27	6:00	
6	Thu	5:49	4.5	6:10	3.8	11:56	-0.4			6:26	6:01	
7	Fri	6:44	4.7	7:04	4.1	12:08	-0.9	12:49	-0.7	6:24	6:01	
8	Sat	7:37	4.7	7:57	4.4	1:04	-1.2	1:39	-1.0	6:23	6:02	
9	Sun	8:28	4.7	8:49	4.5	1:57	-1.4	2:27	-1.1	6:21	6:03	
10	Mon	9:17	4.6	9:40	4.6	2:49	-1.4	3:14	-1.2	6:20	6:04	
11	Tue	10:06	4.3	10:30	4.5	3:41	-1.3	4:02	-1.0	6:18	6:05	
12	Wed	10:55	4.0	11:20	4.3	4:34	-1.0	4:51	-0.8	6:17	6:06	
13	Thu	11:44	3.6			5:29	-0.6	5:41	-0.5	6:15	6:07	
14	Fri	12:12	4.0	12:35	3.2	6:25	-0.2	6:35	-0.1	6:14	6:08	
15	Sat	1:07	3.8	1:30	2.9	7:24	0.2	7:30	0.1	6:12	6:09	
16	Sun	2:07	3.5	2:31	2.7	8:26	0.5	8:29	0.3	6:11	6:10	
17	Mon	3:12	3.4	3:35	2.7	9:28	0.6	9:28	0.4	6:09	6:11	
18	Tue	4:16	3.4	4:34	2.8	10:28	0.6	10:27	0.4	6:08	6:12	
19	Wed	5:11	3.4	5:24	3.0	11:20	0.6	11:19	0.3	6:06	6:13	
20	Thu	5:57	3.6	6:09	3.2			12:02	0.5	6:05	6:14	
21	Fri	6:38	3.7	6:50	3.5	12:06	0.1	12:39	0.3	6:03	6:15	
22	Sat	7:17	3.8	7:30	3.7	12:48	0.0	1:14	0.2	6:02	6:16	
23	Sun	7:55	3.9	8:09	3.9	1:27	-0.1	1:48	0.1	6:00	6:17	
24	Mon	8:33	3.9	8:48	4.0	2:06	-0.2	2:23	0.0	5:59	6:17	
25	Tue	9:12	3.9	9:27	4.1	2:45	-0.2	2:59	0.0	5:57	6:18	
26	Wed	9:50	3.8	10:07	4.2	3:24	-0.1	3:36	0.1	5:56	6:19	
27	Thu	10:28	3.7	10:47	4.2	4:06	0.0	4:15	0.2	5:54	6:20	
28	Fri	11:09	3.5	11:31	4.1	4:51	0.2	4:57	0.3	5:53	6:21	
29	Sat	11:53	3.4			5:39	0.3	5:45	0.3	5:51	6:22	
30	Sun	12:20	4.1	12:44	3.3	6:33	0.4	6:40	0.4	5:50	6:23	
31	Mon	1:16	4.0	1:42	3.2	7:31	0.5	7:40	0.3	5:48	6:24	