

Metompkin Inlet, VA - Mar 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:57	3.4	5:10	2.8	11:06	0.8	10:59	0.3	6:32	5:56	
2	Thu	5:47	3.6	5:58	3.0	11:54	0.6	11:48	0.1	6:31	5:57	
3	Fri	6:32	3.9	6:43	3.2			12:36	0.4	6:30	5:58	
4	Sat	7:14	4.0	7:26	3.4	12:34	-0.1	1:15	0.2	6:28	5:59	
5	Sun	7:55	4.2	8:08	3.7	1:18	-0.3	1:53	0.0	6:27	6:00	
6	Mon	8:36	4.3	8:50	3.9	2:00	-0.4	2:31	-0.2	6:25	6:01	
7	Tue	9:16	4.3	9:33	4.0	2:43	-0.5	3:10	-0.3	6:24	6:02	
8	Wed	9:57	4.2	10:16	4.1	3:27	-0.5	3:50	-0.3	6:22	6:03	
9	Thu	10:39	4.0	11:01	4.2	4:14	-0.4	4:33	-0.3	6:21	6:04	
10	Fri	11:24	3.8	11:50	4.2	5:04	-0.3	5:19	-0.2	6:19	6:05	
11	Sat			12:13	3.5	5:59	-0.1	6:11	-0.1	6:18	6:06	
12	Sun	12:44	4.1	1:08	3.2	6:59	0.1	7:07	0.0	6:16	6:07	
13	Mon	1:45	4.0	2:10	3.0	8:02	0.2	8:08	0.0	6:15	6:07	
14	Tue	2:52	4.0	3:19	3.0	9:09	0.2	9:13	-0.1	6:13	6:08	
15	Wed	4:01	4.1	4:26	3.1	10:15	0.2	10:19	-0.2	6:12	6:09	
16	Thu	5:06	4.2	5:28	3.3	11:18	0.0	11:22	-0.5	6:10	6:10	
17	Fri	6:05	4.3	6:24	3.5			12:14	-0.3	6:09	6:11	
18	Sat	6:57	4.3	7:15	3.8	12:21	-0.7	1:03	-0.5	6:07	6:12	
19	Sun	7:46	4.3	8:02	4.0	1:13	-0.9	1:47	-0.6	6:06	6:13	
20	Mon	8:31	4.2	8:48	4.1	2:02	-0.9	2:29	-0.6	6:04	6:14	
21	Tue	9:14	4.1	9:31	4.1	2:48	-0.8	3:09	-0.5	6:03	6:15	
22	Wed	9:56	3.9	10:14	4.1	3:33	-0.7	3:48	-0.4	6:01	6:16	
23	Thu	10:37	3.6	10:56	4.0	4:18	-0.4	4:28	-0.1	6:00	6:17	
24	Fri	11:19	3.3	11:40	3.8	5:03	-0.1	5:09	0.1	5:58	6:18	
25	Sat			12:02	3.1	5:50	0.3	5:53	0.4	5:57	6:19	
26	Sun	12:26	3.6	12:49	2.9	6:40	0.6	6:41	0.6	5:55	6:19	
27	Mon	1:17	3.5	1:41	2.7	7:33	0.8	7:33	0.8	5:54	6:20	
28	Tue	2:15	3.4	2:39	2.7	8:28	1.0	8:29	0.8	5:52	6:21	
29	Wed	3:16	3.4	3:39	2.8	9:24	1.0	9:26	0.8	5:51	6:22	
30	Thu	4:15	3.5	4:35	3.0	10:19	0.9	10:22	0.6	5:49	6:23	
31	Fri	5:07	3.7	5:25	3.2	11:09	0.7	11:15	0.4	5:48	6:24	