

Metompkin Inlet, VA - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:05	3.3	4:20	2.5	10:16	1.0	10:04	0.6	6:32	5:56	
2	Tue	5:02	3.5	5:14	2.7	11:13	0.9	11:00	0.4	6:31	5:57	
3	Wed	5:53	3.7	6:03	2.9			12:01	0.7	6:30	5:58	
4	Thu	6:38	4.0	6:48	3.2			12:43	0.4	6:28	5:59	
5	Fri	7:21	4.2	7:32	3.5	12:38	-0.2	1:22	0.1	6:27	6:00	
6	Sat	8:02	4.3	8:15	3.8	1:24	-0.4	2:00	-0.1	6:25	6:01	
7	Sun	8:43	4.3	8:59	4.0	2:08	-0.6	2:39	-0.3	6:24	6:02	
8	Mon	9:25	4.3	9:42	4.2	2:53	-0.7	3:18	-0.4	6:22	6:03	
9	Tue	10:07	4.1	10:27	4.3	3:40	-0.6	3:59	-0.4	6:21	6:04	
10	Wed	10:51	3.8	11:15	4.4	4:30	-0.5	4:42	-0.4	6:19	6:05	
11	Thu	11:37	3.5			5:24	-0.3	5:31	-0.2	6:18	6:06	
12	Fri	12:06	4.3	12:29	3.2	6:22	0.0	6:24	-0.1	6:16	6:07	
13	Sat	1:04	4.2	1:27	2.9	7:25	0.2	7:24	0.0	6:15	6:07	
14	Sun	2:10	4.0	2:35	2.7	8:33	0.4	8:29	0.1	6:13	6:08	
15	Mon	3:23	4.0	3:47	2.7	9:43	0.4	9:37	0.0	6:12	6:09	
16	Tue	4:34	4.0	4:56	2.9	10:51	0.3	10:45	-0.1	6:10	6:10	
17	Wed	5:37	4.1	5:55	3.1	11:51	0.1	11:47	-0.4	6:09	6:11	
18	Thu	6:31	4.1	6:46	3.4			12:40	-0.1	6:07	6:12	
19	Fri	7:19	4.2	7:33	3.7	12:42	-0.5	1:22	-0.3	6:06	6:13	
20	Sat	8:02	4.1	8:16	3.9	1:31	-0.7	2:01	-0.4	6:04	6:14	
21	Sun	8:43	4.0	8:58	4.0	2:16	-0.7	2:37	-0.4	6:03	6:15	
22	Mon	9:22	3.8	9:38	4.1	2:59	-0.6	3:13	-0.3	6:01	6:16	
23	Tue	10:01	3.6	10:18	4.0	3:41	-0.4	3:48	-0.1	6:00	6:17	
24	Wed	10:39	3.3	10:58	3.9	4:23	-0.1	4:25	0.1	5:58	6:18	
25	Thu	11:19	3.1	11:40	3.8	5:06	0.2	5:04	0.4	5:57	6:19	
26	Fri			12:01	2.9	5:52	0.5	5:47	0.6	5:55	6:20	
27	Sat	12:26	3.6	12:47	2.7	6:42	0.8	6:35	0.8	5:54	6:20	
28	Sun	1:18	3.5	1:40	2.6	7:36	1.0	7:29	0.9	5:52	6:21	
29	Mon	2:18	3.4	2:40	2.6	8:33	1.2	8:27	0.9	5:51	6:22	
30	Tue	3:22	3.4	3:43	2.7	9:31	1.1	9:27	0.8	5:49	6:23	
31	Wed	4:21	3.6	4:39	2.9	10:27	1.0	10:25	0.6	5:48	6:24	