

Metompkin Inlet, VA - Mar 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:50	3.8	6:56	3.0	12:02	-0.2	1:01	0.1	6:33	5:55	
2	Fri	7:31	3.9	7:37	3.2	12:50	-0.3	1:36	0.0	6:32	5:56	
3	Sat	8:08	3.9	8:16	3.4	1:33	-0.4	2:08	0.0	6:31	5:57	
4	Sun	8:43	3.8	8:54	3.6	2:12	-0.4	2:39	-0.1	6:29	5:58	
5	Mon	9:19	3.7	9:32	3.7	2:50	-0.4	3:10	0.0	6:28	5:59	
6	Tue	9:54	3.6	10:09	3.7	3:28	-0.2	3:42	0.1	6:26	6:00	
7	Wed	10:30	3.4	10:47	3.7	4:07	0.0	4:16	0.2	6:25	6:01	
8	Thu	11:07	3.2	11:27	3.7	4:48	0.2	4:51	0.4	6:23	6:02	
9	Fri	11:45	3.0			5:32	0.5	5:31	0.5	6:22	6:03	
10	Sat	12:10	3.6	12:27	2.8	6:20	0.7	6:16	0.6	6:20	6:04	
11	Sun	12:59	3.5	2:16	2.6	8:13	0.9	8:08	0.7	7:19	7:05	
12	Mon	2:57	3.5	3:15	2.6	9:12	1.0	9:07	0.7	7:17	7:06	
13	Tue	4:02	3.6	4:21	2.6	10:14	1.0	10:09	0.5	7:16	7:07	
14	Wed	5:06	3.8	5:24	2.9	11:15	0.8	11:12	0.2	7:15	7:08	
15	Thu	6:05	4.0	6:22	3.2			12:12	0.5	7:13	7:09	
16	Fri	6:58	4.3	7:15	3.6	12:13	-0.2	1:03	0.1	7:12	7:10	
17	Sat	7:48	4.5	8:06	4.1	1:10	-0.6	1:50	-0.3	7:10	7:11	
18	Sun	8:37	4.6	8:56	4.4	2:05	-0.9	2:35	-0.7	7:08	7:11	
19	Mon	9:25	4.5	9:45	4.7	2:57	-1.1	3:19	-0.9	7:07	7:12	
20	Tue	10:12	4.3	10:35	4.9	3:48	-1.1	4:04	-0.9	7:05	7:13	
21	Wed	11:00	4.0	11:25	4.9	4:41	-1.0	4:50	-0.8	7:04	7:14	
22	Thu	11:49	3.7			5:35	-0.8	5:38	-0.6	7:02	7:15	
23	Fri	12:17	4.7	12:40	3.3	6:32	-0.4	6:31	-0.4	7:01	7:16	
24	Sat	1:12	4.4	1:34	3.0	7:33	0.0	7:29	-0.1	6:59	7:17	
25	Sun	2:12	4.1	2:35	2.7	8:38	0.3	8:31	0.2	6:58	7:18	
26	Mon	3:21	3.8	3:46	2.6	9:47	0.6	9:38	0.3	6:56	7:19	
27	Tue	4:37	3.6	5:00	2.7	10:58	0.6	10:47	0.4	6:55	7:20	
28	Wed	5:46	3.6	6:03	2.8			12:00	0.6	6:53	7:21	
29	Thu	6:40	3.6	6:52	3.1			12:48	0.5	6:52	7:22	
30	Fri	7:23	3.6	7:33	3.3	12:46	0.2	1:26	0.4	6:50	7:23	
31	Sat	8:00	3.7	8:11	3.6	1:33	0.0	1:58	0.3	6:49	7:23	