

Metompkin Inlet, VA - Mar 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:02	3.3	3:17	2.4	9:12	1.1	9:05	0.6	6:32	5:56	
2	Sun	4:05	3.4	4:17	2.6	10:12	1.0	10:03	0.5	6:31	5:57	
3	Mon	5:01	3.6	5:12	2.8	11:07	0.8	11:00	0.2	6:29	5:58	
4	Tue	5:51	3.8	6:02	3.1	11:55	0.5	11:52	-0.1	6:28	5:59	
5	Wed	6:36	4.1	6:49	3.5			12:38	0.2	6:27	6:00	
6	Thu	7:20	4.2	7:34	3.8	12:42	-0.4	1:19	-0.1	6:25	6:01	
7	Fri	8:03	4.3	8:19	4.1	1:29	-0.6	1:59	-0.4	6:24	6:02	
8	Sat	8:46	4.3	9:04	4.4	2:16	-0.8	2:39	-0.6	6:22	6:03	
9	Sun	10:30	4.2	10:50	4.6	4:04	-0.8	4:21	-0.6	7:21	7:04	
10	Mon	11:14	3.9	11:38	4.6	4:53	-0.7	5:04	-0.6	7:19	7:05	
11	Tue			12:01	3.6	5:46	-0.5	5:52	-0.5	7:18	7:06	
12	Wed	12:29	4.5	12:51	3.3	6:42	-0.2	6:44	-0.3	7:16	7:07	
13	Thu	1:24	4.3	1:46	3.0	7:43	0.1	7:42	-0.1	7:15	7:08	
14	Fri	2:26	4.1	2:49	2.8	8:49	0.3	8:46	0.0	7:13	7:08	
15	Sat	3:37	3.9	4:01	2.7	9:59	0.4	9:54	0.1	7:12	7:09	
16	Sun	4:51	3.8	5:14	2.8	11:09	0.4	11:03	0.0	7:10	7:10	
17	Mon	5:59	3.9	6:18	3.0			12:12	0.3	7:09	7:11	
18	Tue	6:56	3.9	7:11	3.3	12:09	-0.1	1:04	0.1	7:07	7:12	
19	Wed	7:44	3.9	7:58	3.5	1:07	-0.3	1:47	-0.1	7:06	7:13	
20	Thu	8:26	3.9	8:40	3.8	1:57	-0.4	2:25	-0.2	7:04	7:14	
21	Fri	9:06	3.8	9:20	3.9	2:41	-0.5	3:00	-0.2	7:03	7:15	
22	Sat	9:44	3.7	9:59	4.1	3:23	-0.5	3:34	-0.2	7:01	7:16	
23	Sun	10:21	3.6	10:37	4.1	4:03	-0.4	4:08	-0.1	7:00	7:17	
24	Mon	10:59	3.4	11:16	4.0	4:42	-0.2	4:43	0.1	6:58	7:18	
25	Tue	11:37	3.2	11:57	3.9	5:22	0.1	5:19	0.3	6:57	7:19	
26	Wed			12:16	3.0	6:05	0.4	5:59	0.5	6:55	7:20	
27	Thu	12:39	3.8	12:58	2.8	6:50	0.7	6:43	0.7	6:54	7:20	
28	Fri	1:26	3.6	1:44	2.7	7:40	0.9	7:33	0.8	6:52	7:21	
29	Sat	2:19	3.5	2:38	2.6	8:34	1.1	8:29	0.9	6:51	7:22	
30	Sun	3:19	3.4	3:39	2.7	9:31	1.2	9:28	0.8	6:49	7:23	
31	Mon	4:21	3.5	4:41	2.8	10:28	1.1	10:28	0.7	6:48	7:24	