

Metompkin Inlet, VA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:14	3.5	11:41	4.1	4:58	-0.1	5:06	-0.1	6:33	5:56	
2	Mon			12:00	3.2	5:52	0.1	5:55	0.0	6:31	5:57	
3	Tue	12:34	4.1	12:53	3.0	6:51	0.3	6:51	0.0	6:30	5:58	
4	Wed	1:35	4.0	1:56	2.8	7:55	0.4	7:54	0.0	6:28	5:59	
5	Thu	2:44	3.9	3:06	2.8	9:02	0.4	9:01	-0.1	6:27	6:00	
6	Fri	3:55	4.0	4:16	2.9	10:10	0.3	10:09	-0.2	6:26	6:01	
7	Sat	5:01	4.1	5:20	3.2	11:13	0.1	11:14	-0.5	6:24	6:02	
8	Sun	7:00	4.3	7:17	3.5			1:08	-0.2	7:23	7:03	
9	Mon	7:52	4.3	8:10	3.8	1:14	-0.8	1:57	-0.5	7:21	7:03	
10	Tue	8:41	4.3	8:58	4.1	2:09	-1.0	2:41	-0.7	7:20	7:04	
11	Wed	9:27	4.2	9:45	4.2	2:59	-1.0	3:22	-0.7	7:18	7:05	
12	Thu	10:10	4.0	10:30	4.3	3:47	-1.0	4:03	-0.7	7:17	7:06	
13	Fri	10:53	3.7	11:13	4.2	4:33	-0.8	4:43	-0.5	7:15	7:07	
14	Sat	11:34	3.5	11:57	4.1	5:19	-0.5	5:23	-0.3	7:14	7:08	
15	Sun			12:16	3.2	6:06	-0.1	6:06	0.0	7:12	7:09	
16	Mon	12:41	3.9	1:00	2.9	6:55	0.3	6:51	0.3	7:11	7:10	
17	Tue	1:29	3.6	1:47	2.7	7:46	0.6	7:41	0.5	7:09	7:11	
18	Wed	2:23	3.4	2:40	2.5	8:42	0.9	8:36	0.7	7:08	7:12	
19	Thu	3:24	3.3	3:41	2.5	9:40	1.1	9:34	0.8	7:06	7:13	
20	Fri	4:28	3.3	4:44	2.6	10:38	1.1	10:33	0.7	7:05	7:14	
21	Sat	5:28	3.4	5:41	2.8	11:33	1.0	11:30	0.6	7:03	7:15	
22	Sun	6:18	3.6	6:31	3.1			12:19	0.8	7:02	7:16	
23	Mon	7:03	3.7	7:15	3.4	12:22	0.4	1:00	0.6	7:00	7:17	
24	Tue	7:44	3.9	7:58	3.8	1:10	0.1	1:39	0.3	6:59	7:18	
25	Wed	8:24	3.9	8:40	4.1	1:55	-0.1	2:16	0.1	6:57	7:18	
26	Thu	9:05	4.0	9:21	4.4	2:39	-0.3	2:54	-0.1	6:56	7:19	
27	Fri	9:46	3.9	10:04	4.5	3:23	-0.4	3:32	-0.2	6:54	7:20	
28	Sat	10:27	3.8	10:48	4.6	4:07	-0.4	4:12	-0.3	6:53	7:21	
29	Sun	11:11	3.7	11:34	4.6	4:54	-0.3	4:56	-0.2	6:51	7:22	
30	Mon	11:56	3.5			5:45	-0.2	5:43	-0.1	6:50	7:23	
31	Tue	12:24	4.5	12:46	3.3	6:40	0.1	6:37	0.0	6:48	7:24	