

Metompkin Inlet, VA - Mar 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:43	4.5	9:04	4.5	2:13	-1.4	2:40	-1.1	6:33	5:55	
2	Tue	9:31	4.3	9:54	4.5	3:05	-1.3	3:26	-1.1	6:32	5:56	
3	Wed	10:18	4.0	10:43	4.4	3:57	-1.1	4:11	-0.9	6:30	5:57	
4	Thu	11:05	3.6	11:32	4.2	4:49	-0.7	4:58	-0.6	6:29	5:58	
5	Fri	11:52	3.2			5:44	-0.3	5:48	-0.3	6:27	5:59	
6	Sat	12:24	3.9	12:43	2.9	6:41	0.1	6:41	0.0	6:26	6:00	
7	Sun	1:20	3.6	1:38	2.6	7:42	0.5	7:38	0.3	6:24	6:01	
8	Mon	2:24	3.4	2:41	2.5	8:46	0.7	8:38	0.4	6:23	6:02	
9	Tue	3:33	3.3	3:47	2.5	9:52	0.8	9:39	0.4	6:22	6:03	
10	Wed	4:37	3.3	4:46	2.6	10:52	0.8	10:38	0.4	6:20	6:04	
11	Thu	5:29	3.4	5:36	2.9	11:40	0.7	11:30	0.2	6:19	6:05	
12	Fri	6:12	3.6	6:20	3.1			12:17	0.5	6:17	6:06	
13	Sat	6:51	3.7	7:00	3.4	12:16	0.1	12:51	0.4	6:16	6:07	
14	Sun	8:28	3.8	8:40	3.6	12:57	-0.1	2:23	0.2	7:14	7:08	
15	Mon	9:05	3.8	9:18	3.8	2:37	-0.2	2:56	0.1	7:13	7:09	
16	Tue	9:42	3.8	9:56	4.0	3:15	-0.2	3:30	0.0	7:11	7:10	
17	Wed	10:19	3.7	10:35	4.1	3:54	-0.2	4:04	0.0	7:10	7:11	
18	Thu	10:56	3.6	11:14	4.2	4:34	-0.1	4:40	0.1	7:08	7:12	
19	Fri	11:35	3.4	11:55	4.1	5:16	0.1	5:19	0.2	7:07	7:13	
20	Sat			12:15	3.3	6:02	0.2	6:02	0.2	7:05	7:14	
21	Sun	12:41	4.1	1:00	3.1	6:54	0.4	6:52	0.3	7:04	7:15	
22	Mon	1:33	4.0	1:53	3.0	7:51	0.6	7:50	0.3	7:02	7:15	
23	Tue	2:33	4.0	2:56	2.9	8:52	0.6	8:53	0.3	7:00	7:16	
24	Wed	3:40	4.0	4:05	3.0	9:55	0.5	10:00	0.1	6:59	7:17	
25	Thu	4:47	4.1	5:12	3.3	10:57	0.3	11:06	-0.1	6:57	7:18	
26	Fri	5:50	4.2	6:14	3.6	11:56	0.0			6:56	7:19	
27	Sat	6:47	4.3	7:10	4.0	12:11	-0.4	12:50	-0.3	6:54	7:20	
28	Sun	7:40	4.3	8:02	4.4	1:11	-0.7	1:40	-0.6	6:53	7:21	
29	Mon	8:31	4.3	8:53	4.7	2:07	-1.0	2:26	-0.8	6:51	7:22	
30	Tue	9:19	4.2	9:42	4.8	2:59	-1.1	3:11	-0.9	6:50	7:23	
31	Wed	10:07	4.0	10:30	4.8	3:50	-1.0	3:56	-0.8	6:48	7:24	