US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:10	3.6	6:17	3.0			12:20	0.3	6:33	5:55	
2	Wed	6:52	3.7	6:59	3.2	12:13	-0.2	12:58	0.1	6:32	5:56	
3	Thu	7:30	3.8	7:38	3.4	12:57	-0.3	1:31	0.0	6:31	5:57	
4	Fri	8:06	3.8	8:17	3.6	1:37	-0.4	2:03	0.0	6:29	5:58	
5	Sat	8:42	3.8	8:55	3.7	2:14	-0.4	2:35	-0.1	6:28	5:59	
6	Sun	9:19	3.7	9:33	3.8	2:52	-0.3	3:08	0.0	6:26	6:00	
7	Mon	9:55	3.6	10:11	3.8	3:30	-0.2	3:41	0.1	6:25	6:01	
8	Tue	10:32	3.4	10:50	3.8	4:09	0.0	4:17	0.2	6:23	6:02	
9	Wed	11:09	3.2	11:31	3.7	4:50	0.3	4:55	0.3	6:22	6:03	
10	Thu	11:48	3.1			5:35	0.5	5:37	0.4	6:20	6:04	
11	Fri	12:15	3.7	12:32	2.9	6:24	0.7	6:26	0.5	6:19	6:05	
12	Sat	1:07	3.6	1:25	2.8	7:19	0.8	7:20	0.5	6:17	6:06	
13	Sun	3:06	3.6	3:26	2.8	9:18	0.8	9:21	0.4	7:16	7:07	
14	Mon	4:10	3.8	4:31	3.0	10:19	0.7	10:24	0.2	7:14	7:08	
15	Tue	5:13	3.9	5:33	3.2	11:19	0.5	11:27	-0.1	7:13	7:09	
16	Wed	6:11	4.2	6:31	3.6			12:15	0.1	7:11	7:10	
17	Thu	7:05	4.4	7:25	4.1	12:28	-0.5	1:07	-0.3	7:10	7:11	
18	Fri	7:57	4.5	8:17	4.4	1:25	-0.8	1:56	-0.7	7:08	7:12	
19	Sat	8:47	4.5	9:09	4.8	2:20	-1.1	2:44	-0.9	7:07	7:12	
20	Sun	9:37	4.4	10:00	4.9	3:13	-1.2	3:30	-1.1	7:05	7:13	
21	Mon	10:26	4.2	10:50	4.9	4:05	-1.2	4:17	-1.1	7:04	7:14	
22	Tue	11:15	4.0	11:42	4.8	4:58	-1.0	5:05	-0.9	7:02	7:15	
23	Wed			12:05	3.6	5:52	-0.7	5:57	-0.6	7:01	7:16	
24	Thu	12:34	4.5	12:56	3.3	6:49	-0.3	6:51	-0.3	6:59	7:17	
25	Fri	1:30	4.2	1:52	3.0	7:50	0.1	7:50	0.0	6:58	7:18	
26	Sat	2:31	3.9	2:54	2.8	8:53	0.4	8:52	0.2	6:56	7:19	
27	Sun	3:38	3.6	4:03	2.7	9:58	0.6	9:57	0.4	6:55	7:20	
28	Mon	4:48	3.5	5:10	2.8	11:01	0.6	11:01	0.4	6:53	7:21	
29	Tue	5:49	3.5	6:06	3.0	11:57	0.6			6:52	7:22	
30	Wed	6:38	3.5	6:51	3.2	12:00	0.3	12:41	0.5	6:50	7:23	
31	Thu	7:19	3.5	7:32	3.5	12:51	0.2	1:18	0.4	6:49	7:23	