US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2013

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	**10:48**	3.9	**11:13**	4.3	**4:26**	-0.5	**4:42**	-0.4	6:33	5:56	
2	Sat	**11:34**	3.6			**5:18**	-0.3	**5:30**	-0.3	6:31	5:57	
3	Sun	**12:03**	4.2	**12:25**	3.4	**6:14**	-0.1	**6:24**	-0.2	6:30	5:58	
4	Mon	**1:00**	4.1	**1:22**	3.2	**7:15**	0.1	**7:23**	-0.2	6:28	5:59	
5	Tue	**2:04**	4.0	**2:27**	3.0	**8:19**	0.2	**8:26**	-0.1	6:27	6:00	
6	Wed	**3:12**	3.9	**3:36**	3.0	**9:25**	0.2	**9:32**	-0.2	6:25	6:01	
7	Thu	**4:20**	4.0	**4:42**	3.2	**10:30**	0.1	**10:38**	-0.4	6:24	6:02	
8	Fri	**5:22**	4.1	**5:42**	3.4	**11:30**	-0.2	**11:40**	-0.6	6:23	6:03	
9	Sat	**6:18**	4.2	**6:36**	3.7			**12:23**	-0.4	6:21	6:04	
10	Sun	**8:08**	4.2	**8:26**	3.9	**12:36**	-0.8	**2:10**	-0.6	7:20	7:04	
11	Mon	**8:54**	4.1	**9:12**	4.1	**2:27**	-0.9	**2:53**	-0.7	7:18	7:05	
12	Tue	**9:38**	4.0	**9:56**	4.1	**3:14**	-0.9	**3:34**	-0.7	7:17	7:06	
13	Wed	**10:21**	3.9	**10:39**	4.1	**3:58**	-0.8	**4:14**	-0.6	7:15	7:07	
14	Thu	**11:02**	3.7	**11:22**	4.1	**4:42**	-0.6	**4:53**	-0.4	7:14	7:08	
15	Fri	**11:43**	3.5			**5:26**	-0.3	**5:33**	-0.1	7:12	7:09	
16	Sat	**12:04**	3.9	**12:24**	3.2	**6:11**	0.0	**6:16**	0.1	7:11	7:10	
17	Sun	**12:48**	3.7	**1:08**	3.0	**6:58**	0.4	**7:01**	0.4	7:09	7:11	
18	Mon	**1:36**	3.5	**1:55**	2.8	**7:47**	0.7	**7:50**	0.6	7:08	7:12	
19	Tue	**2:28**	3.4	**2:48**	2.7	**8:40**	0.9	**8:44**	0.7	7:06	7:13	
20	Wed	**3:27**	3.3	**3:47**	2.7	**9:35**	1.0	**9:39**	0.7	7:05	7:14	
21	Thu	**4:27**	3.4	**4:47**	2.9	**10:30**	1.0	**10:36**	0.6	7:03	7:15	
22	Fri	**5:24**	3.5	**5:42**	3.1	**11:23**	0.9	**11:32**	0.5	7:02	7:16	
23	Sat	**6:15**	3.7	**6:31**	3.4			**12:12**	0.6	7:00	7:17	
24	Sun	**7:01**	3.9	**7:18**	3.7	**12:25**	0.2	**12:57**	0.4	6:59	7:18	
25	Mon	**7:45**	4.0	**8:02**	4.1	**1:14**	-0.1	**1:40**	0.1	6:57	7:18	
26	Tue	**8:29**	4.1	**8:47**	4.4	**2:01**	-0.3	**2:22**	-0.2	6:56	7:19	
27	Wed	**9:12**	4.2	**9:32**	4.6	**2:48**	-0.5	**3:04**	-0.4	6:54	7:20	
28	Thu	**9:57**	4.2	**10:18**	4.8	**3:34**	-0.6	**3:46**	-0.5	6:52	7:21	
29	Fri	**10:42**	4.1	**11:05**	4.8	**4:21**	-0.6	**4:31**	-0.5	6:51	7:22	
30	Sat	**11:29**	3.9	**11:55**	4.7	**5:11**	-0.5	**5:19**	-0.5	6:49	7:23	
31	Sun			**12:18**	3.7	**6:05**	-0.3	**6:10**	-0.3	6:48	7:24	