US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2014

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**8:12**	4.6	**8:32**	4.3	**1:40**	-1.4	**2:13**	-1.1	6:33	5:55	
2	Sun	**9:01**	4.5	**9:22**	4.4	**2:32**	-1.4	**2:59**	-1.1	6:32	5:56	
3	Mon	**9:48**	4.2	**10:11**	4.3	**3:23**	-1.2	**3:44**	-1.0	6:30	5:57	
4	Tue	**10:35**	3.9	**10:59**	4.2	**4:13**	-1.0	**4:31**	-0.8	6:29	5:58	
5	Wed	**11:21**	3.6	**11:47**	4.0	**5:04**	-0.6	**5:18**	-0.5	6:27	5:59	
6	Thu			**12:08**	3.2	**5:57**	-0.2	**6:07**	-0.2	6:26	6:00	
7	Fri	**12:38**	3.7	**12:58**	2.9	**6:52**	0.2	**6:59**	0.1	6:24	6:01	
8	Sat	**1:33**	3.5	**1:52**	2.7	**7:49**	0.5	**7:53**	0.3	6:23	6:02	
9	Sun	**3:33**	3.3	**3:52**	2.6	**9:48**	0.7	**9:50**	0.5	7:21	7:03	
10	Mon	**4:37**	3.3	**4:54**	2.7	**10:48**	0.8	**10:47**	0.5	7:20	7:04	
11	Tue	**5:35**	3.3	**5:49**	2.8	**11:43**	0.8	**11:42**	0.4	7:19	7:05	
12	Wed	**6:26**	3.5	**6:38**	3.0			**12:31**	0.6	7:17	7:06	
13	Thu	**7:10**	3.6	**7:22**	3.3	**12:32**	0.2	**1:12**	0.5	7:16	7:07	
14	Fri	**7:51**	3.8	**8:04**	3.6	**1:18**	0.1	**1:49**	0.3	7:14	7:08	
15	Sat	**8:31**	3.9	**8:45**	3.8	**2:00**	-0.1	**2:25**	0.1	7:13	7:09	
16	Sun	**9:10**	4.0	**9:25**	4.0	**2:41**	-0.2	**3:02**	0.0	7:11	7:10	
17	Mon	**9:49**	4.0	**10:05**	4.1	**3:21**	-0.3	**3:38**	-0.1	7:10	7:11	
18	Tue	**10:28**	3.9	**10:46**	4.2	**4:02**	-0.3	**4:16**	-0.1	7:08	7:12	
19	Wed	**11:08**	3.8	**11:27**	4.3	**4:44**	-0.2	**4:56**	-0.1	7:07	7:13	
20	Thu	**11:49**	3.7			**5:30**	-0.1	**5:39**	0.0	7:05	7:14	
21	Fri	**12:12**	4.3	**12:34**	3.5	**6:19**	0.1	**6:26**	0.1	7:03	7:15	
22	Sat	**1:01**	4.2	**1:23**	3.3	**7:13**	0.2	**7:20**	0.1	7:02	7:15	
23	Sun	**1:56**	4.1	**2:20**	3.2	**8:12**	0.3	**8:20**	0.1	7:00	7:16	
24	Mon	**2:58**	4.0	**3:25**	3.2	**9:14**	0.3	**9:23**	0.1	6:59	7:17	
25	Tue	**4:05**	4.0	**4:33**	3.3	**10:17**	0.2	**10:29**	-0.1	6:57	7:18	
26	Wed	**5:11**	4.1	**5:37**	3.5	**11:19**	0.0	**11:34**	-0.3	6:56	7:19	
27	Thu	**6:12**	4.2	**6:37**	3.8			**12:17**	-0.2	6:54	7:20	
28	Fri	**7:08**	4.3	**7:31**	4.1	**12:36**	-0.6	**1:11**	-0.5	6:53	7:21	
29	Sat	**8:01**	4.3	**8:23**	4.4	**1:34**	-0.8	**2:00**	-0.7	6:51	7:22	
30	Sun	**8:50**	4.3	**9:12**	4.6	**2:27**	-1.0	**2:46**	-0.8	6:50	7:23	
31	Mon	**9:37**	4.1	**9:59**	4.6	**3:17**	-1.0	**3:31**	-0.8	6:48	7:24	