US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:17	3.4	1:37	2.9	7:23	0.7	7:32	0.6	6:32	5:56	
2	Wed	2:13	3.4	2:33	2.8	8:19	0.8	8:27	0.5	6:31	5:57	
3	Thu	3:13	3.5	3:33	2.9	9:17	0.8	9:24	0.4	6:29	5:58	
4	Fri	4:12	3.7	4:32	3.1	10:16	0.6	10:22	0.1	6:28	5:59	
5	Sat	5:08	4.0	5:27	3.3	11:12	0.3	11:19	-0.2	6:27	6:00	
6	Sun	6:01	4.3	6:19	3.7			12:05	0.0	6:25	6:01	
7	Mon	6:51	4.5	7:09	4.0	12:14	-0.6	12:54	-0.4	6:24	6:02	
8	Tue	7:40	4.7	8:00	4.3	1:07	-0.9	1:41	-0.7	6:22	6:03	
9	Wed	8:29	4.7	8:50	4.5	1:58	-1.2	2:27	-0.9	6:21	6:04	
10	Thu	9:18	4.6	9:40	4.7	2:49	-1.2	3:14	-1.0	6:19	6:05	
11	Fri	10:06	4.4	10:31	4.7	3:41	-1.2	4:02	-1.0	6:18	6:06	
12	Sat	10:56	4.1	11:23	4.5	4:34	-1.0	4:52	-0.8	6:16	6:07	
13	Sun			12:47	3.8	6:31	-0.7	6:45	-0.6	7:15	7:08	
14	Mon	1:18	4.3	1:42	3.4	7:31	-0.3	7:42	-0.3	7:13	7:09	
15	Tue	2:17	4.1	2:42	3.1	8:34	0.0	8:42	-0.1	7:12	7:09	
16	Wed	3:22	3.8	3:49	2.9	9:39	0.2	9:45	0.0	7:10	7:10	
17	Thu	4:32	3.7	4:58	2.9	10:46	0.3	10:50	0.1	7:09	7:11	
18	Fri	5:39	3.7	6:00	3.0	11:50	0.3	11:52	0.0	7:07	7:12	
19	Sat	6:36	3.7	6:52	3.2			12:44	0.2	7:06	7:13	
20	Sun	7:23	3.7	7:36	3.3	12:48	-0.1	1:29	0.1	7:04	7:14	
21	Mon	8:04	3.8	8:17	3.5	1:35	-0.2	2:06	0.0	7:03	7:15	
22	Tue	8:43	3.8	8:56	3.7	2:17	-0.3	2:41	0.0	7:01	7:16	
23	Wed	9:20	3.8	9:34	3.9	2:56	-0.3	3:14	-0.1	7:00	7:17	
24	Thu	9:58	3.8	10:13	3.9	3:34	-0.3	3:48	0.0	6:58	7:18	
25	Fri	10:36	3.7	10:52	4.0	4:12	-0.2	4:23	0.1	6:57	7:19	
26	Sat	11:14	3.6	11:31	3.9	4:50	0.0	4:59	0.2	6:55	7:20	
27	Sun	11:52	3.4			5:31	0.2	5:37	0.4	6:54	7:21	
28	Mon	12:11	3.9	12:32	3.3	6:14	0.4	6:19	0.5	6:52	7:21	
29	Tue	12:54	3.8	1:15	3.1	7:00	0.6	7:05	0.7	6:51	7:22	
30	Wed	1:40	3.7	2:03	3.0	7:51	0.8	7:56	0.7	6:49	7:23	
31	Thu	2:34	3.7	2:59	3.0	8:46	0.8	8:53	0.7	6:48	7:24	