

































Metompkin Inlet, VA - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:48	3.4	5:02	2.6	11:07	0.6	10:51	0.2	6:33	5:55	
2	Sat	5:41	3.5	5:50	2.8	11:58	0.5	11:42	0.1	6:32	5:56	
3	Sun	6:26	3.7	6:34	2.9			12:38	0.4	6:30	5:57	
4	Mon	7:07	3.8	7:15	3.2	12:27	0.0	1:13	0.3	6:29	5:58	
5	Tue	7:45	3.9	7:55	3.4	1:08	-0.2	1:47	0.2	6:28	5:59	
6	Wed	8:23	4.0	8:34	3.5	1:47	-0.3	2:20	0.1	6:26	6:00	
7	Thu	9:00	4.0	9:13	3.7	2:26	-0.3	2:53	0.0	6:25	6:01	
8	Fri	9:37	3.9	9:51	3.7	3:04	-0.2	3:28	0.1	6:23	6:02	
9	Sat	10:14	3.8	10:30	3.8	3:44	-0.1	4:04	0.1	6:22	6:03	
10	Sun	11:51	3.6			5:26	0.0	5:41	0.2	7:20	7:04	
11	Mon	12:10	3.8	12:31	3.4	6:11	0.2	6:23	0.3	7:19	7:05	
12	Tue	12:53	3.8	1:14	3.2	7:01	0.3	7:09	0.3	7:17	7:06	
13	Wed	1:43	3.8	2:05	3.1	7:56	0.5	8:02	0.4	7:16	7:07	
14	Thu	2:41	3.9	3:05	3.0	8:57	0.5	9:01	0.3	7:14	7:08	
15	Fri	3:46	3.9	4:11	3.0	10:00	0.5	10:05	0.1	7:13	7:09	
16	Sat	4:53	4.1	5:17	3.1	11:05	0.3	11:09	-0.1	7:11	7:10	
17	Sun	5:56	4.3	6:19	3.4			12:07	0.0	7:10	7:11	
18	Mon	6:55	4.5	7:16	3.7	12:13	-0.5	1:04	-0.3	7:08	7:12	
19	Tue	7:50	4.7	8:10	4.1	1:13	-0.8	1:56	-0.6	7:07	7:12	
20	Wed	8:42	4.7	9:02	4.3	2:09	-1.1	2:44	-0.9	7:05	7:13	
21	Thu	9:32	4.6	9:53	4.5	3:02	-1.3	3:30	-1.0	7:04	7:14	
22	Fri	10:21	4.4	10:42	4.6	3:54	-1.2	4:16	-1.0	7:02	7:15	
23	Sat	11:08	4.1	11:31	4.5	4:45	-1.1	5:01	-0.8	7:01	7:16	
24	Sun	11:55	3.8			5:37	-0.8	5:48	-0.5	6:59	7:17	
25	Mon	12:19	4.3	12:43	3.4	6:30	-0.4	6:37	-0.2	6:58	7:18	
26	Tue	1:09	4.1	1:32	3.1	7:26	0.0	7:28	0.1	6:56	7:19	
27	Wed	2:02	3.8	2:26	2.8	8:24	0.4	8:23	0.4	6:55	7:20	
28	Thu	3:01	3.5	3:26	2.7	9:24	0.6	9:21	0.6	6:53	7:21	
29	Fri	4:06	3.4	4:30	2.6	10:26	0.8	10:20	0.6	6:52	7:22	
30	Sat	5:09	3.4	5:30	2.8	11:25	0.8	11:19	0.6	6:50	7:23	
31	Sun	6:05	3.5	6:20	3.0			12:15	0.8	6:49	7:23	