US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:33	3.5	12:52	2.9	6:39	0.6	6:46	0.6	6:32	5:56	
2	Mon	1:23	3.5	1:43	2.8	7:33	0.8	7:37	0.6	6:31	5:57	
3	Tue	2:21	3.5	2:43	2.7	8:32	0.8	8:34	0.5	6:29	5:58	
4	Wed	3:24	3.7	3:45	2.8	9:34	0.7	9:34	0.3	6:28	5:59	
5	Thu	4:26	3.9	4:46	3.0	10:36	0.5	10:35	0.0	6:26	6:00	
6	Fri	5:24	4.2	5:43	3.3	11:34	0.2	11:35	-0.4	6:25	6:01	
7	Sat	6:19	4.5	6:36	3.6			12:27	-0.2	6:24	6:02	
8	Sun	8:11	4.7	8:28	4.0	12:31	-0.8	2:16	-0.5	7:22	7:03	
9	Mon	9:01	4.8	9:20	4.3	2:25	-1.1	3:03	-0.8	7:21	7:04	
10	Tue	9:50	4.8	10:10	4.5	3:17	-1.3	3:49	-1.0	7:19	7:05	
11	Wed	10:39	4.6	11:01	4.6	4:09	-1.3	4:35	-1.0	7:18	7:06	
12	Thu	11:28	4.3	11:52	4.6	5:02	-1.1	5:23	-0.9	7:16	7:07	
13	Fri			12:17	3.9	5:58	-0.8	6:12	-0.7	7:15	7:08	
14	Sat	12:44	4.4	1:08	3.5	6:56	-0.5	7:05	-0.4	7:13	7:09	
15	Sun	1:39	4.2	2:03	3.1	7:57	-0.1	8:01	-0.1	7:12	7:09	
16	Mon	2:40	3.9	3:05	2.8	9:02	0.2	9:01	0.1	7:10	7:10	
17	Tue	3:48	3.7	4:13	2.7	10:10	0.4	10:04	0.3	7:09	7:11	
18	Wed	4:59	3.6	5:22	2.7	11:19	0.5	11:09	0.3	7:07	7:12	
19	Thu	6:04	3.6	6:20	2.8			12:21	0.5	7:06	7:13	
20	Fri	6:56	3.7	7:07	3.0	12:09	0.2	1:09	0.4	7:04	7:14	
21	Sat	7:39	3.7	7:48	3.2	1:01	0.1	1:47	0.3	7:03	7:15	
22	Sun	8:18	3.8	8:27	3.4	1:45	-0.1	2:20	0.2	7:01	7:16	
23	Mon	8:55	3.8	9:05	3.6	2:25	-0.2	2:52	0.1	7:00	7:17	
24	Tue	9:31	3.8	9:43	3.8	3:03	-0.2	3:23	0.1	6:58	7:18	
25	Wed	10:08	3.8	10:21	3.9	3:40	-0.2	3:56	0.1	6:57	7:19	
26	Thu	10:44	3.7	10:59	4.0	4:18	-0.1	4:29	0.2	6:55	7:20	
27	Fri	11:21	3.5	11:37	4.0	4:57	0.1	5:04	0.3	6:54	7:21	
28	Sat	11:59	3.3			5:38	0.3	5:41	0.5	6:52	7:21	
29	Sun	12:16	3.9	12:38	3.2	6:22	0.5	6:23	0.6	6:51	7:22	
30	Mon	12:59	3.9	1:21	3.0	7:11	0.6	7:10	0.7	6:49	7:23	
31	Tue	1:49	3.8	2:12	2.9	8:06	0.8	8:04	0.7	6:47	7:24	