





























Metompkin Inlet, VA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:55	3.3	4:10	2.4	10:19	0.8	9:57	0.5	6:33	5:55	
2	Thu	4:57	3.4	5:07	2.5	11:21	0.8	10:54	0.4	6:32	5:56	
3	Fri	5:49	3.5	5:55	2.7			12:08	0.7	6:30	5:57	
4	Sat	6:33	3.7	6:38	2.9			12:45	0.6	6:29	5:58	
5	Sun	7:13	3.8	7:20	3.2	12:30	0.0	1:18	0.4	6:28	5:59	
6	Mon	7:51	3.9	7:59	3.4	1:12	-0.1	1:50	0.2	6:26	6:00	
7	Tue	8:28	4.0	8:38	3.6	1:51	-0.2	2:22	0.1	6:25	6:01	
8	Wed	9:04	3.9	9:17	3.8	2:30	-0.3	2:55	0.0	6:23	6:02	
9	Thu	9:40	3.9	9:55	3.9	3:09	-0.2	3:29	0.0	6:22	6:03	
10	Fri	10:17	3.7	10:34	4.0	3:50	-0.1	4:04	0.1	6:20	6:04	
11	Sat	10:55	3.5	11:15	4.0	4:34	0.0	4:42	0.1	6:19	6:05	
12	Sun			12:35	3.3	6:22	0.2	6:25	0.2	7:17	7:06	
13	Mon	1:01	4.0	1:22	3.0	7:16	0.4	7:15	0.3	7:16	7:07	
14	Tue	1:55	4.0	2:17	2.8	8:15	0.5	8:13	0.3	7:14	7:08	
15	Wed	2:59	3.9	3:22	2.8	9:20	0.6	9:17	0.2	7:13	7:09	
16	Thu	4:09	4.0	4:33	2.8	10:28	0.5	10:25	0.1	7:11	7:10	
17	Fri	5:19	4.1	5:41	3.0	11:34	0.3	11:32	-0.2	7:10	7:11	
18	Sat	6:22	4.3	6:42	3.4			12:34	0.0	7:08	7:12	
19	Sun	7:19	4.5	7:38	3.7	12:36	-0.5	1:27	-0.3	7:07	7:13	
20	Mon	8:12	4.5	8:30	4.1	1:35	-0.8	2:15	-0.6	7:05	7:13	
21	Tue	9:01	4.5	9:20	4.3	2:29	-1.0	2:59	-0.8	7:04	7:14	
22	Wed	9:48	4.3	10:07	4.5	3:21	-1.1	3:42	-0.8	7:02	7:15	
23	Thu	10:33	4.1	10:54	4.5	4:10	-1.0	4:24	-0.7	7:01	7:16	
24	Fri	11:17	3.7	11:39	4.4	5:00	-0.7	5:06	-0.5	6:59	7:17	
25	Sat			12:02	3.4	5:49	-0.4	5:50	-0.2	6:58	7:18	
26	Sun	12:25	4.2	12:47	3.1	6:41	0.0	6:36	0.1	6:56	7:19	
27	Mon	1:14	3.9	1:34	2.8	7:34	0.4	7:27	0.4	6:55	7:20	
28	Tue	2:06	3.6	2:28	2.6	8:32	0.7	8:21	0.7	6:53	7:21	
29	Wed	3:07	3.4	3:29	2.5	9:32	1.0	9:20	0.8	6:52	7:22	
30	Thu	4:13	3.3	4:34	2.5	10:34	1.1	10:21	0.8	6:50	7:23	
31	Fri	5:18	3.4	5:33	2.7	11:32	1.0	11:20	0.7	6:49	7:24	