US HARBORS www.USHarbors.com

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	