

































## Metompkin Inlet, VA - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:05	3.0	5:52	0.5	5:54	0.5	6:32	5:56	
2	Sat	12:32	3.6	12:49	2.8	6:44	0.7	6:42	0.5	6:31	5:57	
3	Sun	1:25	3.6	1:44	2.6	7:42	0.8	7:38	0.5	6:29	5:58	
4	Mon	2:28	3.6	2:49	2.6	8:45	0.8	8:40	0.4	6:28	5:59	
5	Tue	3:36	3.8	3:56	2.7	9:50	0.7	9:45	0.2	6:26	6:00	
6	Wed	4:41	4.0	4:59	3.0	10:53	0.4	10:49	-0.2	6:25	6:01	
7	Thu	5:40	4.3	5:57	3.3	11:50	0.1	11:50	-0.6	6:24	6:02	
8	Fri	6:34	4.6	6:51	3.7			12:42	-0.3	6:22	6:03	
9	Sat	7:26	4.7	7:43	4.1	12:47	-1.0	1:29	-0.7	6:21	6:04	
10	Sun	9:15	4.7	9:34	4.4	1:41	-1.2	3:14	-0.9	7:19	7:05	
11	Mon	10:04	4.5	10:25	4.6	3:34	-1.3	3:59	-1.0	7:18	7:06	
12	Tue	10:51	4.3	11:14	4.7	4:26	-1.2	4:44	-0.9	7:16	7:07	
13	Wed	11:39	3.9			5:20	-0.9	5:30	-0.8	7:15	7:08	
14	Thu	12:04	4.6	12:27	3.5	6:15	-0.6	6:19	-0.5	7:13	7:09	
15	Fri	12:56	4.3	1:17	3.1	7:13	-0.2	7:12	-0.1	7:12	7:10	
16	Sat	1:51	4.0	2:13	2.8	8:15	0.2	8:09	0.2	7:10	7:10	
17	Sun	2:54	3.7	3:16	2.5	9:21	0.5	9:11	0.4	7:09	7:11	
18	Mon	4:05	3.5	4:27	2.5	10:32	0.7	10:16	0.5	7:07	7:12	
19	Tue	5:18	3.5	5:35	2.6	11:41	0.8	11:20	0.4	7:06	7:13	
20	Wed	6:19	3.5	6:29	2.7			12:36	0.7	7:04	7:14	
21	Thu	7:06	3.6	7:13	3.0	12:18	0.3	1:17	0.6	7:03	7:15	
22	Fri	7:45	3.7	7:52	3.2	1:07	0.2	1:49	0.5	7:01	7:16	
23	Sat	8:21	3.7	8:30	3.5	1:49	0.0	2:19	0.3	7:00	7:17	
24	Sun	8:57	3.8	9:07	3.7	2:28	-0.1	2:49	0.2	6:58	7:18	
25	Mon	9:32	3.7	9:44	3.9	3:06	-0.1	3:20	0.2	6:57	7:19	
26	Tue	10:08	3.7	10:21	4.0	3:43	-0.1	3:52	0.2	6:55	7:20	
27	Wed	10:44	3.5	10:59	4.1	4:21	0.0	4:25	0.2	6:53	7:21	
28	Thu	11:20	3.4	11:37	4.1	5:00	0.1	5:00	0.3	6:52	7:21	
29	Fri	11:58	3.2			5:42	0.3	5:38	0.5	6:50	7:22	
30	Sat	12:18	4.0	12:38	3.0	6:29	0.5	6:21	0.6	6:49	7:23	
31	Sun	1:04	4.0	1:24	2.9	7:21	0.7	7:13	0.6	6:47	7:24	