US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	**9:20**	4.5	**9:40**	4.4	**2:48**	-1.1	**3:15**	-0.8	6:32	5:56	
2	Sun	**10:05**	4.2	**10:29**	4.5	**3:39**	-1.0	**3:59**	-0.8	6:31	5:57	
3	Mon	**10:52**	3.9	**11:19**	4.5	**4:32**	-0.8	**4:45**	-0.7	6:30	5:58	
4	Tue	**11:41**	3.5			**5:29**	-0.5	**5:35**	-0.5	6:28	5:59	
5	Wed	**12:13**	4.3	**12:34**	3.1	**6:29**	-0.2	**6:30**	-0.3	6:27	6:00	
6	Thu	**1:12**	4.1	**1:33**	2.8	**7:34**	0.2	**7:30**	0.0	6:25	6:01	
7	Fri	**2:19**	3.9	**2:41**	2.6	**8:43**	0.4	**8:35**	0.1	6:24	6:02	
8	Sat	**3:34**	3.7	**3:55**	2.5	**9:56**	0.5	**9:43**	0.1	6:22	6:03	
9	Sun	**5:47**	3.7	**6:03**	2.7			**12:06**	0.4	7:21	7:04	
10	Mon	**6:47**	3.8	**6:59**	2.9			**1:02**	0.3	7:19	7:05	
11	Tue	**7:36**	3.8	**7:45**	3.1	**12:49**	-0.1	**1:45**	0.2	7:18	7:05	
12	Wed	**8:17**	3.9	**8:26**	3.3	**1:39**	-0.3	**2:22**	0.1	7:17	7:06	
13	Thu	**8:55**	3.9	**9:05**	3.6	**2:23**	-0.4	**2:54**	0.0	7:15	7:07	
14	Fri	**9:31**	3.8	**9:42**	3.7	**3:03**	-0.4	**3:25**	-0.1	7:14	7:08	
15	Sat	**10:07**	3.7	**10:20**	3.8	**3:41**	-0.3	**3:56**	0.0	7:12	7:09	
16	Sun	**10:42**	3.6	**10:57**	3.9	**4:19**	-0.2	**4:28**	0.1	7:11	7:10	
17	Mon	**11:19**	3.4	**11:35**	3.9	**4:58**	0.0	**5:02**	0.2	7:09	7:11	
18	Tue	**11:56**	3.2			**5:38**	0.2	**5:38**	0.4	7:08	7:12	
19	Wed	**12:15**	3.8	**12:34**	3.0	**6:21**	0.5	**6:17**	0.6	7:06	7:13	
20	Thu	**12:57**	3.7	**1:15**	2.8	**7:08**	0.7	**7:01**	0.7	7:04	7:14	
21	Fri	**1:45**	3.6	**2:03**	2.6	**8:00**	1.0	**7:53**	0.8	7:03	7:15	
22	Sat	**2:41**	3.5	**3:01**	2.6	**8:57**	1.1	**8:52**	0.8	7:01	7:16	
23	Sun	**3:45**	3.6	**4:06**	2.7	**9:58**	1.0	**9:54**	0.6	7:00	7:17	
24	Mon	**4:49**	3.7	**5:09**	2.9	**10:58**	0.9	**10:57**	0.4	6:58	7:18	
25	Tue	**5:48**	3.9	**6:06**	3.2	**11:54**	0.6	**11:57**	0.0	6:57	7:19	
26	Wed	**6:41**	4.2	**6:59**	3.7			**12:45**	0.2	6:55	7:19	
27	Thu	**7:31**	4.4	**7:50**	4.1	**12:55**	-0.3	**1:31**	-0.2	6:54	7:20	
28	Fri	**8:19**	4.4	**8:39**	4.5	**1:49**	-0.7	**2:16**	-0.5	6:52	7:21	
29	Sat	**9:07**	4.4	**9:28**	4.8	**2:42**	-0.9	**3:00**	-0.8	6:51	7:22	
30	Sun	**9:55**	4.3	**10:18**	5.0	**3:33**	-1.0	**3:45**	-0.8	6:49	7:23	
31	Mon	**10:43**	4.0	**11:08**	5.0	**4:25**	-1.0	**4:31**	-0.8	6:48	7:24	