

Metompkin Inlet, VA - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:46	4.2	6:59	3.3	12:00	-0.6	12:55	-0.2	6:33	5:56	
2	Mon	7:34	4.2	7:47	3.6	12:55	-0.8	1:38	-0.4	6:31	5:57	
3	Tue	8:18	4.2	8:32	3.8	1:44	-0.9	2:17	-0.5	6:30	5:57	
4	Wed	8:59	4.0	9:14	3.9	2:30	-0.8	2:55	-0.5	6:29	5:58	
5	Thu	9:38	3.8	9:55	3.9	3:13	-0.7	3:31	-0.4	6:27	5:59	
6	Fri	10:17	3.6	10:36	3.9	3:56	-0.5	4:07	-0.2	6:26	6:00	
7	Sat	10:56	3.3	11:17	3.8	4:40	-0.2	4:45	0.0	6:24	6:01	
8	Sun			12:36	3.0	6:25	0.2	6:25	0.3	7:23	7:02	
9	Mon	1:00	3.6	1:18	2.8	7:12	0.5	7:09	0.5	7:21	7:03	
10	Tue	1:48	3.5	2:06	2.6	8:03	0.8	7:58	0.7	7:20	7:04	
11	Wed	2:44	3.3	3:01	2.5	8:59	1.0	8:53	0.8	7:18	7:05	
12	Thu	3:46	3.3	4:03	2.5	9:58	1.1	9:51	0.7	7:17	7:06	
13	Fri	4:50	3.4	5:05	2.6	10:58	1.1	10:50	0.6	7:15	7:07	
14	Sat	5:48	3.5	6:00	2.8	11:53	0.9	11:47	0.4	7:14	7:08	
15	Sun	6:38	3.8	6:50	3.1			12:41	0.7	7:12	7:09	
16	Mon	7:23	4.0	7:36	3.5	12:40	0.1	1:23	0.3	7:11	7:10	
17	Tue	8:06	4.1	8:20	3.9	1:30	-0.2	2:03	0.0	7:09	7:11	
18	Wed	8:48	4.2	9:04	4.2	2:17	-0.5	2:42	-0.2	7:08	7:12	
19	Thu	9:31	4.2	9:49	4.5	3:03	-0.6	3:22	-0.4	7:06	7:13	
20	Fri	10:14	4.1	10:34	4.7	3:50	-0.7	4:03	-0.5	7:05	7:14	
21	Sat	10:58	3.9	11:21	4.7	4:39	-0.7	4:46	-0.5	7:03	7:15	
22	Sun	11:45	3.6			5:30	-0.5	5:32	-0.4	7:02	7:16	
23	Mon	12:11	4.6	12:34	3.4	6:25	-0.2	6:24	-0.2	7:00	7:16	
24	Tue	1:05	4.5	1:28	3.1	7:25	0.1	7:22	0.0	6:59	7:17	
25	Wed	2:06	4.2	2:30	2.9	8:30	0.3	8:26	0.1	6:57	7:18	
26	Thu	3:15	4.0	3:40	2.8	9:38	0.5	9:34	0.2	6:56	7:19	
27	Fri	4:28	3.9	4:54	2.9	10:46	0.5	10:44	0.1	6:54	7:20	
28	Sat	5:38	3.9	6:00	3.1	11:50	0.3	11:51	0.0	6:53	7:21	
29	Sun	6:37	3.9	6:56	3.4			12:43	0.1	6:51	7:22	
30	Mon	7:26	3.9	7:43	3.7	12:51	-0.2	1:28	0.0	6:50	7:23	
31	Tue	8:10	3.9	8:26	3.9	1:44	-0.4	2:07	-0.2	6:48	7:24	