























Metompkin Inlet, VA - Mar 2028

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 11:26 | 3.2 | 11:50 | 3.8 | 5:10 | 0.3 | 5:14 | 0.3 | 6:32 | 5:56 |  |
| 2 | Thu | | | 12:07 | 3.0 | 5:58 | 0.5 | 5:59 | 0.4 | 6:31 | 5:57 |  |
| 3 | Fri | 12:39 | 3.7 | 12:56 | 2.8 | 6:53 | 0.6 | 6:52 | 0.4 | 6:29 | 5:58 |  |
| 4 | Sat | 1:37 | 3.7 | 1:55 | 2.7 | 7:53 | 0.7 | 7:52 | 0.3 | 6:28 | 5:59 |  |
| 5 | Sun | 2:42 | 3.8 | 3:03 | 2.8 | 8:57 | 0.7 | 8:57 | 0.2 | 6:26 | 6:00 |  |
| 6 | Mon | 3:50 | 4.0 | 4:10 | 3.0 | 10:01 | 0.5 | 10:02 | -0.1 | 6:25 | 6:01 |  |
| 7 | Tue | 4:53 | 4.2 | 5:12 | 3.3 | 11:02 | 0.2 | 11:07 | -0.5 | 6:23 | 6:02 |  |
| 8 | Wed | 5:51 | 4.4 | 6:10 | 3.7 | 11:58 | -0.2 | | | 6:22 | 6:03 |  |
| 9 | Thu | 6:45 | 4.5 | 7:04 | 4.1 | 12:07 | -0.8 | 12:48 | -0.6 | 6:21 | 6:04 |  |
| 10 | Fri | 7:36 | 4.6 | 7:56 | 4.4 | 1:04 | -1.1 | 1:35 | -0.9 | 6:19 | 6:05 |  |
| 11 | Sat | 8:25 | 4.5 | 8:46 | 4.6 | 1:57 | -1.3 | 2:21 | -1.0 | 6:18 | 6:06 |  |
| 12 | Sun | 10:13 | 4.3 | 10:36 | 4.7 | 3:49 | -1.3 | 4:06 | -1.0 | 7:16 | 7:07 |  |
| 13 | Mon | 11:01 | 4.0 | 11:25 | 4.7 | 4:41 | -1.1 | 4:52 | -0.9 | 7:15 | 7:08 |  |
| 14 | Tue | 11:48 | 3.7 | | | 5:34 | -0.8 | 5:39 | -0.7 | 7:13 | 7:09 |  |
| 15 | Wed | 12:15 | 4.4 | 12:36 | 3.3 | 6:28 | -0.4 | 6:29 | -0.3 | 7:12 | 7:10 |  |
| 16 | Thu | 1:07 | 4.1 | 1:27 | 3.0 | 7:25 | 0.1 | 7:23 | 0.0 | 7:10 | 7:10 |  |
| 17 | Fri | 2:03 | 3.8 | 2:22 | 2.7 | 8:26 | 0.4 | 8:21 | 0.3 | 7:09 | 7:11 |  |
| 18 | Sat | 3:06 | 3.5 | 3:25 | 2.5 | 9:30 | 0.7 | 9:22 | 0.5 | 7:07 | 7:12 |  |
| 19 | Sun | 4:15 | 3.4 | 4:33 | 2.5 | 10:36 | 0.8 | 10:25 | 0.5 | 7:06 | 7:13 |  |
| 20 | Mon | 5:22 | 3.4 | 5:35 | 2.7 | 11:37 | 0.8 | 11:26 | 0.5 | 7:04 | 7:14 |  |
| 21 | Tue | 6:16 | 3.4 | 6:25 | 2.9 | | | 12:25 | 0.7 | 7:03 | 7:15 |  |
| 22 | Wed | 7:00 | 3.5 | 7:09 | 3.2 | 12:20 | 0.3 | 1:03 | 0.6 | 7:01 | 7:16 |  |
| 23 | Thu | 7:39 | 3.6 | 7:49 | 3.5 | 1:07 | 0.2 | 1:37 | 0.4 | 7:00 | 7:17 |  |
| 24 | Fri | 8:16 | 3.7 | 8:28 | 3.7 | 1:48 | 0.1 | 2:09 | 0.3 | 6:58 | 7:18 |  |
| 25 | Sat | 8:52 | 3.7 | 9:06 | 3.9 | 2:28 | -0.1 | 2:42 | 0.2 | 6:56 | 7:19 |  |
| 26 | Sun | 9:29 | 3.7 | 9:44 | 4.1 | 3:06 | -0.1 | 3:15 | 0.1 | 6:55 | 7:20 |  |
| 27 | Mon | 10:06 | 3.6 | 10:22 | 4.2 | 3:44 | -0.1 | 3:49 | 0.1 | 6:53 | 7:21 |  |
| 28 | Tue | 10:44 | 3.5 | 11:01 | 4.2 | 4:23 | 0.0 | 4:25 | 0.2 | 6:52 | 7:22 |  |
| 29 | Wed | 11:22 | 3.4 | 11:42 | 4.2 | 5:05 | 0.1 | 5:03 | 0.2 | 6:50 | 7:22 |  |
| 30 | Thu | | | 12:02 | 3.2 | 5:49 | 0.3 | 5:45 | 0.3 | 6:49 | 7:23 |  |
| 31 | Fri | 12:26 | 4.2 | 12:46 | 3.1 | 6:39 | 0.5 | 6:34 | 0.4 | 6:47 | 7:24 |  |