US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:08	4.0	6:23	3.3			12:17	-0.1	6:33	5:56	
2	Sat	6:57	4.0	7:11	3.5	12:20	-0.6	1:03	-0.3	6:31	5:57	
3	Sun	7:42	4.0	7:56	3.7	1:10	-0.7	1:43	-0.4	6:30	5:58	
4	Mon	8:23	4.0	8:38	3.8	1:55	-0.8	2:20	-0.5	6:29	5:59	
5	Tue	9:02	3.8	9:18	3.9	2:38	-0.7	2:56	-0.4	6:27	5:59	
6	Wed	9:41	3.7	9:59	3.9	3:19	-0.5	3:32	-0.3	6:26	6:00	
7	Thu	10:20	3.5	10:39	3.8	3:59	-0.3	4:09	-0.1	6:24	6:01	
8	Fri	10:59	3.3	11:20	3.7	4:41	0.0	4:47	0.1	6:23	6:02	
9	Sat	11:39	3.1			5:25	0.3	5:29	0.3	6:21	6:03	
10	Sun	12:04	3.6	1:22	2.9	7:12	0.6	7:14	0.5	7:20	7:04	
11	Mon	1:53	3.4	2:10	2.7	8:02	0.8	8:04	0.6	7:18	7:05	
12	Tue	2:47	3.4	3:05	2.7	8:57	1.0	8:58	0.7	7:17	7:06	
13	Wed	3:47	3.4	4:06	2.7	9:54	1.0	9:56	0.6	7:15	7:07	
14	Thu	4:48	3.5	5:05	2.9	10:50	0.9	10:54	0.5	7:14	7:08	
15	Fri	5:44	3.7	6:00	3.2	11:44	0.7	11:51	0.2	7:12	7:09	
16	Sat	6:34	3.9	6:51	3.5			12:34	0.4	7:11	7:10	
17	Sun	7:22	4.1	7:39	3.9	12:45	-0.1	1:20	0.0	7:09	7:11	
18	Mon	8:07	4.3	8:26	4.3	1:36	-0.4	2:04	-0.3	7:08	7:12	
19	Tue	8:53	4.3	9:13	4.6	2:26	-0.7	2:47	-0.6	7:06	7:13	
20	Wed	9:39	4.3	10:00	4.8	3:15	-0.9	3:31	-0.7	7:05	7:14	
21	Thu	10:26	4.2	10:49	4.9	4:04	-0.9	4:16	-0.8	7:03	7:15	
22	Fri	11:13	4.0	11:39	4.8	4:55	-0.8	5:03	-0.7	7:02	7:16	
23	Sat			12:03	3.7	5:49	-0.6	5:54	-0.6	7:00	7:16	
24	Sun	12:32	4.6	12:55	3.4	6:46	-0.3	6:50	-0.3	6:59	7:17	
25	Mon	1:29	4.4	1:53	3.2	7:47	0.0	7:51	-0.1	6:57	7:18	
26	Tue	2:31	4.1	2:57	3.0	8:51	0.2	8:55	0.0	6:56	7:19	
27	Wed	3:40	3.9	4:08	3.0	9:57	0.3	10:03	0.1	6:54	7:20	
28	Thu	4:51	3.8	5:17	3.1	11:02	0.3	11:10	0.0	6:53	7:21	
29	Fri	5:55	3.7	6:17	3.3			12:00	0.2	6:51	7:22	
30	Sat	6:49	3.7	7:07	3.5	12:13	-0.1	12:50	0.1	6:50	7:23	
31	Sun	7:34	3.7	7:51	3.8	1:08	-0.2	1:33	0.0	6:48	7:24	