US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2031

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:54	3.3	2:11	2.6	8:08	0.8	8:09	0.5	6:33	5:55	
2	Sun	2:55	3.2	3:11	2.5	9:06	0.9	9:05	0.5	6:32	5:56	
3	Mon	3:57	3.3	4:10	2.6	10:04	0.9	10:01	0.5	6:30	5:57	
4	Tue	4:53	3.4	5:04	2.8	10:57	0.8	10:55	0.3	6:29	5:58	
5	Wed	5:41	3.6	5:52	3.1	11:44	0.6	11:45	0.1	6:27	5:59	
6	Thu	6:25	3.8	6:37	3.4			12:25	0.4	6:26	6:00	
7	Fri	7:07	3.9	7:20	3.7	12:31	-0.1	1:03	0.1	6:25	6:01	
8	Sat	7:47	4.0	8:02	3.9	1:15	-0.3	1:41	-0.1	6:23	6:02	
9	Sun	9:27	4.1	9:43	4.1	1:57	-0.4	3:19	-0.2	7:22	7:03	
10	Mon	10:07	4.1	10:26	4.3	3:40	-0.5	3:58	-0.3	7:20	7:04	
11	Tue	10:49	4.0	11:09	4.4	4:24	-0.5	4:38	-0.3	7:19	7:05	
12	Wed	11:31	3.8	11:55	4.4	5:11	-0.4	5:22	-0.3	7:17	7:06	
13	Thu			12:16	3.6	6:01	-0.2	6:09	-0.2	7:16	7:07	
14	Fri	12:44	4.3	1:06	3.4	6:56	0.0	7:03	-0.1	7:14	7:08	
15	Sat	1:39	4.2	2:02	3.2	7:55	0.2	8:01	0.0	7:13	7:09	
16	Sun	2:41	4.1	3:05	3.1	8:58	0.3	9:05	0.0	7:11	7:10	
17	Mon	3:49	4.0	4:14	3.1	10:03	0.3	10:11	-0.1	7:10	7:11	
18	Tue	4:57	4.0	5:22	3.2	11:07	0.1	11:17	-0.3	7:08	7:12	
19	Wed	6:01	4.1	6:23	3.5			12:08	-0.1	7:07	7:13	
20	Thu	6:58	4.1	7:18	3.8	12:21	-0.5	1:02	-0.3	7:05	7:14	
21	Fri	7:49	4.1	8:09	4.0	1:19	-0.7	1:50	-0.5	7:04	7:14	
22	Sat	8:36	4.1	8:56	4.2	2:12	-0.8	2:34	-0.6	7:02	7:15	
23	Sun	9:21	4.0	9:41	4.3	3:00	-0.9	3:16	-0.7	7:01	7:16	
24	Mon	10:05	3.9	10:24	4.3	3:46	-0.8	3:56	-0.6	6:59	7:17	
25	Tue	10:47	3.7	11:07	4.2	4:30	-0.6	4:36	-0.4	6:58	7:18	
26	Wed	11:28	3.5	11:50	4.1	5:14	-0.3	5:17	-0.2	6:56	7:19	
27	Thu			12:10	3.2	5:59	0.0	6:00	0.1	6:55	7:20	
28	Fri	12:34	3.9	12:54	3.0	6:45	0.3	6:46	0.4	6:53	7:21	
29	Sat	1:21	3.7	1:41	2.9	7:35	0.7	7:35	0.6	6:52	7:22	
30	Sun	2:13	3.5	2:34	2.8	8:27	0.9	8:29	0.8	6:50	7:23	
31	Mon	3:10	3.4	3:32	2.8	9:20	1.0	9:25	0.8	6:48	7:24	