



Metompkin Inlet, VA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:11	4.8	8:32	4.5	1:39	-1.3	2:11	-1.1	6:32	5:56	☀
2	Wed	9:01	4.7	9:23	4.6	2:31	-1.4	2:59	-1.2	6:31	5:57	☀
3	Thu	9:50	4.5	10:15	4.6	3:23	-1.4	3:47	-1.2	6:30	5:58	☀
4	Fri	10:40	4.2	11:06	4.5	4:17	-1.1	4:36	-1.0	6:28	5:59	☀
5	Sat	11:30	3.8			5:12	-0.8	5:28	-0.8	6:27	6:00	☀
6	Sun	12:00	4.3	12:22	3.4	6:11	-0.4	6:23	-0.5	6:25	6:01	☀
7	Mon	12:56	4.0	1:19	3.1	7:12	-0.1	7:20	-0.2	6:24	6:02	☀
8	Tue	1:59	3.7	2:21	2.9	8:16	0.2	8:21	0.0	6:22	6:03	☀
9	Wed	3:06	3.5	3:29	2.8	9:22	0.4	9:24	0.1	6:21	6:04	☀
10	Thu	4:15	3.5	4:33	2.8	10:27	0.4	10:26	0.1	6:19	6:05	☀
11	Fri	5:14	3.5	5:27	2.9	11:24	0.4	11:22	0.1	6:18	6:06	☀
12	Sat	6:02	3.6	6:12	3.1			12:09	0.3	6:16	6:06	☀
13	Sun	7:43	3.7	7:53	3.3	12:10	-0.1	1:47	0.2	7:15	7:07	☀
14	Mon	8:21	3.7	8:33	3.6	1:53	-0.2	2:21	0.1	7:13	7:08	☀
15	Tue	8:59	3.8	9:12	3.7	2:32	-0.2	2:54	0.0	7:12	7:09	☀
16	Wed	9:36	3.8	9:50	3.9	3:10	-0.3	3:27	0.0	7:10	7:10	☀
17	Thu	10:13	3.8	10:29	3.9	3:47	-0.2	4:02	0.0	7:09	7:11	☀
18	Fri	10:51	3.7	11:07	4.0	4:25	-0.1	4:37	0.1	7:07	7:12	☀
19	Sat	11:28	3.5	11:46	3.9	5:05	0.1	5:14	0.2	7:06	7:13	☀
20	Sun			12:07	3.4	5:46	0.2	5:54	0.3	7:04	7:14	☀
21	Mon	12:28	3.9	12:47	3.3	6:32	0.4	6:38	0.5	7:03	7:15	☀
22	Tue	1:13	3.8	1:33	3.1	7:22	0.6	7:27	0.5	7:01	7:16	☀
23	Wed	2:04	3.8	2:27	3.1	8:17	0.7	8:23	0.5	7:00	7:17	☀
24	Thu	3:03	3.8	3:28	3.1	9:15	0.7	9:24	0.4	6:58	7:18	☀
25	Fri	4:06	3.9	4:32	3.3	10:15	0.5	10:27	0.2	6:57	7:19	☀
26	Sat	5:09	4.1	5:34	3.6	11:15	0.3	11:30	-0.1	6:55	7:19	☀
27	Sun	6:08	4.3	6:32	3.9			12:12	-0.1	6:54	7:20	☀
28	Mon	7:04	4.4	7:27	4.3	12:31	-0.5	1:05	-0.5	6:52	7:21	☀
29	Tue	7:56	4.5	8:19	4.7	1:29	-0.9	1:56	-0.8	6:51	7:22	☀
30	Wed	8:48	4.6	9:11	4.9	2:23	-1.1	2:45	-1.0	6:49	7:23	☀
31	Thu	9:39	4.5	10:02	5.0	3:16	-1.2	3:33	-1.1	6:48	7:24	☀