


































## Metompkin Inlet, VA - Mar 2024

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Wed | 5:36  | 3.8 | 5:52  | 3.1 | 11:47 | 0.0  | 11:47 | -0.4 | 6:33  | 5:56 |    |
| 2    | Thu | 6:28  | 3.9 | 6:41  | 3.3 |       |      | 12:36 | -0.2 | 6:31  | 5:57 |    |
| 3    | Fri | 7:13  | 4.0 | 7:26  | 3.4 | 12:38 | -0.5 | 1:19  | -0.3 | 6:30  | 5:58 |    |
| 4    | Sat | 7:55  | 4.0 | 8:08  | 3.6 | 1:24  | -0.6 | 1:57  | -0.3 | 6:28  | 5:59 |    |
| 5    | Sun | 8:34  | 3.9 | 8:48  | 3.7 | 2:06  | -0.6 | 2:33  | -0.3 | 6:27  | 6:00 |    |
| 6    | Mon | 9:13  | 3.9 | 9:28  | 3.7 | 2:46  | -0.6 | 3:08  | -0.3 | 6:26  | 6:00 |    |
| 7    | Tue | 9:51  | 3.7 | 10:08 | 3.8 | 3:25  | -0.4 | 3:44  | -0.1 | 6:24  | 6:01 |    |
| 8    | Wed | 10:30 | 3.6 | 10:48 | 3.7 | 4:05  | -0.2 | 4:20  | 0.0  | 6:23  | 6:02 |    |
| 9    | Thu | 11:09 | 3.4 | 11:29 | 3.6 | 4:46  | 0.1  | 4:59  | 0.2  | 6:21  | 6:03 |    |
| 10   | Fri | 11:49 | 3.2 |       |     | 5:30  | 0.3  | 5:40  | 0.4  | 6:20  | 6:04 |    |
| 11   | Sat | 12:13 | 3.5 | 12:33 | 3.0 | 6:17  | 0.6  | 6:26  | 0.6  | 6:18  | 6:05 |    |
| 12   | Sun | 1:01  | 3.5 | 2:21  | 2.9 | 8:08  | 0.8  | 8:16  | 0.7  | 7:17  | 7:06 |   |
| 13   | Mon | 2:55  | 3.4 | 3:17  | 2.8 | 9:03  | 0.9  | 9:10  | 0.7  | 7:15  | 7:07 |  |
| 14   | Tue | 3:55  | 3.5 | 4:17  | 2.9 | 10:00 | 0.9  | 10:07 | 0.5  | 7:14  | 7:08 |  |
| 15   | Wed | 4:54  | 3.6 | 5:15  | 3.1 | 10:57 | 0.7  | 11:06 | 0.3  | 7:12  | 7:09 |  |
| 16   | Thu | 5:51  | 3.9 | 6:10  | 3.4 | 11:53 | 0.5  |       |      | 7:11  | 7:10 |  |
| 17   | Fri | 6:43  | 4.1 | 7:02  | 3.7 | 12:03 | 0.0  | 12:45 | 0.1  | 7:09  | 7:11 |  |
| 18   | Sat | 7:33  | 4.4 | 7:52  | 4.1 | 12:58 | -0.4 | 1:34  | -0.3 | 7:08  | 7:12 |  |
| 19   | Sun | 8:22  | 4.5 | 8:42  | 4.4 | 1:51  | -0.7 | 2:21  | -0.6 | 7:06  | 7:13 |  |
| 20   | Mon | 9:10  | 4.6 | 9:31  | 4.7 | 2:42  | -1.0 | 3:07  | -0.8 | 7:05  | 7:14 |  |
| 21   | Tue | 9:59  | 4.6 | 10:21 | 4.8 | 3:32  | -1.1 | 3:53  | -1.0 | 7:03  | 7:15 |  |
| 22   | Wed | 10:48 | 4.4 | 11:12 | 4.8 | 4:24  | -1.1 | 4:41  | -0.9 | 7:02  | 7:16 |  |
| 23   | Thu | 11:37 | 4.1 |       |     | 5:17  | -0.9 | 5:31  | -0.8 | 7:00  | 7:17 |  |
| 24   | Fri | 12:03 | 4.7 | 12:28 | 3.8 | 6:12  | -0.7 | 6:24  | -0.6 | 6:59  | 7:17 |  |
| 25   | Sat | 12:57 | 4.5 | 1:23  | 3.5 | 7:11  | -0.4 | 7:21  | -0.3 | 6:57  | 7:18 |  |
| 26   | Sun | 1:56  | 4.2 | 2:22  | 3.2 | 8:13  | -0.1 | 8:21  | -0.1 | 6:56  | 7:19 |  |
| 27   | Mon | 2:59  | 4.0 | 3:28  | 3.0 | 9:17  | 0.2  | 9:25  | 0.1  | 6:54  | 7:20 |  |
| 28   | Tue | 4:08  | 3.8 | 4:37  | 3.0 | 10:23 | 0.3  | 10:31 | 0.1  | 6:53  | 7:21 |  |
| 29   | Wed | 5:17  | 3.7 | 5:42  | 3.1 | 11:27 | 0.3  | 11:35 | 0.1  | 6:51  | 7:22 |  |
| 30   | Thu | 6:16  | 3.7 | 6:36  | 3.3 |       |      | 12:22 | 0.2  | 6:50  | 7:23 |  |
| 31   | Fri | 7:06  | 3.7 | 7:22  | 3.5 | 12:33 | 0.0  | 1:09  | 0.1  | 6:48  | 7:24 |  |