US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:03	4.0	10:20	3.9	3:31	-0.4	3:56	-0.2	6:32	5:56	
2	Fri	10:43	3.9	11:03	4.0	4:16	-0.3	4:36	-0.1	6:31	5:57	
3	Sat	11:25	3.6	11:50	4.0	5:05	-0.2	5:19	-0.1	6:29	5:58	
4	Sun			12:11	3.3	5:59	0.0	6:08	0.0	6:28	5:59	
5	Mon	12:43	4.0	1:04	3.1	6:58	0.2	7:02	0.1	6:26	6:00	
6	Tue	1:43	4.0	2:06	2.9	8:02	0.3	8:03	0.1	6:25	6:01	
7	Wed	2:51	4.0	3:15	2.8	9:10	0.4	9:08	0.0	6:23	6:02	
8	Thu	4:02	4.1	4:24	2.9	10:18	0.3	10:15	-0.2	6:22	6:03	
9	Fri	5:08	4.2	5:28	3.1	11:23	0.1	11:20	-0.5	6:20	6:04	
10	Sat	6:08	4.4	6:25	3.4			12:20	-0.2	6:19	6:05	
11	Sun	8:01	4.4	8:18	3.7	12:20	-0.7	2:09	-0.4	7:17	7:06	
12	Mon	8:51	4.4	9:07	3.9	2:14	-0.9	2:54	-0.6	7:16	7:07	
13	Tue	9:37	4.3	9:54	4.1	3:05	-1.0	3:36	-0.7	7:14	7:08	
14	Wed	10:21	4.2	10:38	4.1	3:53	-1.0	4:16	-0.6	7:13	7:09	
15	Thu	11:03	3.9	11:22	4.1	4:39	-0.8	4:56	-0.4	7:11	7:10	
16	Fri	11:45	3.6			5:26	-0.5	5:36	-0.2	7:10	7:11	
17	Sat	12:05	4.0	12:26	3.3	6:13	-0.1	6:17	0.1	7:08	7:11	
18	Sun	12:49	3.8	1:10	3.0	7:02	0.3	7:02	0.4	7:07	7:12	
19	Mon	1:36	3.6	1:57	2.7	7:54	0.6	7:50	0.6	7:05	7:13	
20	Tue	2:29	3.4	2:51	2.6	8:49	0.9	8:43	0.8	7:04	7:14	
21	Wed	3:30	3.3	3:52	2.5	9:47	1.0	9:40	0.8	7:02	7:15	
22	Thu	4:34	3.3	4:54	2.6	10:47	1.1	10:39	0.8	7:01	7:16	
23	Fri	5:34	3.4	5:50	2.8	11:43	1.0	11:36	0.6	6:59	7:17	
24	Sat	6:26	3.6	6:39	3.0			12:31	0.8	6:58	7:18	
25	Sun	7:11	3.8	7:24	3.4	12:28	0.4	1:13	0.6	6:56	7:19	
26	Mon	7:53	4.0	8:06	3.7	1:16	0.1	1:51	0.3	6:55	7:20	
27	Tue	8:34	4.1	8:48	4.0	2:01	-0.1	2:29	0.1	6:53	7:21	
28	Wed	9:14	4.2	9:30	4.2	2:44	-0.3	3:06	-0.1	6:52	7:22	
29	Thu	9:55	4.1	10:12	4.4	3:28	-0.4	3:44	-0.2	6:50	7:22	
30	Fri	10:37	4.0	10:56	4.6	4:13	-0.5	4:24	-0.3	6:49	7:23	
31	Sat	11:20	3.8	11:42	4.6	5:01	-0.4	5:07	-0.2	6:47	7:24	