






























Metompkin Inlet, VA - Mar 2042

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:24	3.6	4:41	2.5	10:48	0.5	10:26	0.2	6:33	5:56	
2	Sun	5:28	3.6	5:38	2.6	11:49	0.5	11:26	0.0	6:31	5:57	
3	Mon	6:20	3.7	6:26	2.8			12:36	0.4	6:30	5:58	
4	Tue	7:03	3.8	7:07	3.0	12:18	-0.1	1:13	0.3	6:28	5:59	
5	Wed	7:41	3.8	7:46	3.2	1:01	-0.2	1:45	0.2	6:27	6:00	
6	Thu	8:16	3.9	8:25	3.4	1:41	-0.3	2:15	0.1	6:25	6:01	
7	Fri	8:52	3.8	9:02	3.6	2:19	-0.3	2:46	0.1	6:24	6:02	
8	Sat	9:27	3.7	9:40	3.7	2:56	-0.3	3:17	0.1	6:23	6:02	
9	Sun	11:02	3.6	11:17	3.7	4:34	-0.1	4:49	0.2	7:21	7:03	
10	Mon	11:38	3.4	11:54	3.7	5:14	0.1	5:23	0.3	7:20	7:04	
11	Tue			12:14	3.2	5:55	0.3	5:59	0.4	7:18	7:05	
12	Wed	12:34	3.7	12:53	3.0	6:40	0.5	6:39	0.6	7:17	7:06	
13	Thu	1:18	3.7	1:37	2.8	7:30	0.7	7:26	0.6	7:15	7:07	
14	Fri	2:09	3.6	2:29	2.7	8:26	0.9	8:21	0.7	7:14	7:08	
15	Sat	3:10	3.6	3:32	2.6	9:28	0.9	9:23	0.6	7:12	7:09	
16	Sun	4:18	3.8	4:39	2.8	10:32	0.8	10:28	0.3	7:11	7:10	
17	Mon	5:23	4.0	5:43	3.0	11:34	0.6	11:32	0.0	7:09	7:11	
18	Tue	6:22	4.2	6:40	3.4			12:31	0.2	7:08	7:12	
19	Wed	7:16	4.5	7:34	3.8	12:34	-0.4	1:22	-0.2	7:06	7:13	
20	Thu	8:08	4.6	8:26	4.2	1:31	-0.8	2:10	-0.5	7:05	7:14	
21	Fri	8:57	4.6	9:17	4.6	2:26	-1.1	2:55	-0.8	7:03	7:15	
22	Sat	9:46	4.5	10:07	4.8	3:19	-1.2	3:40	-0.9	7:02	7:16	
23	Sun	10:34	4.3	10:57	4.9	4:11	-1.2	4:25	-0.9	7:00	7:17	
24	Mon	11:22	3.9	11:47	4.8	5:04	-1.0	5:11	-0.8	6:59	7:17	
25	Tue			12:11	3.6	5:59	-0.6	6:00	-0.5	6:57	7:18	
26	Wed	12:39	4.5	1:02	3.2	6:56	-0.2	6:54	-0.2	6:56	7:19	
27	Thu	1:34	4.2	1:57	2.9	7:58	0.2	7:51	0.2	6:54	7:20	
28	Fri	2:36	3.9	3:00	2.6	9:03	0.5	8:54	0.4	6:53	7:21	
29	Sat	3:46	3.6	4:11	2.6	10:13	0.7	10:00	0.5	6:51	7:22	
30	Sun	5:00	3.5	5:21	2.6	11:21	0.7	11:06	0.5	6:49	7:23	
31	Mon	6:03	3.5	6:17	2.8			12:18	0.7	6:48	7:24	