

























## Metompkin Inlet, VA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	11:55	3.0			5:41	0.4	5:44	0.4	6:33	5:55	
2	Mon	12:20	3.5	12:38	2.7	6:29	0.6	6:28	0.6	6:32	5:56	
3	Tue	1:09	3.4	1:27	2.5	7:21	0.9	7:17	0.7	6:30	5:57	
4	Wed	2:06	3.3	2:24	2.5	8:19	1.0	8:13	0.7	6:29	5:58	
5	Thu	3:09	3.4	3:26	2.5	9:19	1.1	9:12	0.6	6:27	5:59	
6	Fri	4:12	3.5	4:27	2.6	10:20	0.9	10:12	0.4	6:26	6:00	
7	Sat	5:09	3.8	5:22	2.9	11:16	0.7	11:10	0.1	6:24	6:01	
8	Sun	7:00	4.1	7:13	3.2			1:06	0.4	7:23	7:02	
9	Mon	7:47	4.3	8:01	3.6	1:04	-0.3	1:50	0.0	7:21	7:03	
10	Tue	8:33	4.5	8:48	4.0	1:55	-0.6	2:33	-0.3	7:20	7:04	
11	Wed	9:18	4.5	9:36	4.3	2:45	-0.8	3:15	-0.6	7:19	7:05	
12	Thu	10:03	4.4	10:23	4.5	3:34	-1.0	3:57	-0.7	7:17	7:06	
13	Fri	10:49	4.2	11:11	4.7	4:24	-1.0	4:40	-0.7	7:16	7:07	
14	Sat	11:35	3.9			5:16	-0.8	5:26	-0.6	7:14	7:08	
15	Sun	12:01	4.6	12:24	3.6	6:11	-0.5	6:16	-0.5	7:13	7:09	
16	Mon	12:54	4.5	1:16	3.2	7:10	-0.2	7:10	-0.2	7:11	7:10	
17	Tue	1:52	4.2	2:14	2.9	8:14	0.2	8:10	0.0	7:10	7:11	
18	Wed	2:58	4.0	3:22	2.7	9:23	0.4	9:16	0.1	7:08	7:12	
19	Thu	4:12	3.8	4:36	2.6	10:35	0.5	10:25	0.2	7:07	7:13	
20	Fri	5:26	3.8	5:47	2.8	11:44	0.5	11:33	0.1	7:05	7:14	
21	Sat	6:29	3.8	6:45	3.0			12:42	0.3	7:03	7:15	
22	Sun	7:20	3.8	7:32	3.2	12:35	0.0	1:28	0.2	7:02	7:15	
23	Mon	8:03	3.9	8:14	3.5	1:27	-0.2	2:05	0.1	7:00	7:16	
24	Tue	8:41	3.8	8:53	3.7	2:13	-0.3	2:39	0.0	6:59	7:17	
25	Wed	9:18	3.8	9:30	3.9	2:53	-0.3	3:11	-0.1	6:57	7:18	
26	Thu	9:54	3.7	10:08	4.0	3:32	-0.3	3:42	0.0	6:56	7:19	
27	Fri	10:30	3.5	10:45	4.0	4:10	-0.2	4:15	0.1	6:54	7:20	
28	Sat	11:07	3.4	11:23	4.0	4:48	0.0	4:48	0.2	6:53	7:21	
29	Sun	11:45	3.2			5:28	0.2	5:24	0.4	6:51	7:22	
30	Mon	12:03	3.9	12:23	3.0	6:11	0.5	6:04	0.6	6:50	7:23	
31	Tue	12:45	3.8	1:05	2.8	6:57	0.8	6:48	0.8	6:48	7:24	