



Metompkin Inlet, VA - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:26	4.1	9:43	4.1	2:55	-0.6	3:18	-0.3	6:32	5:56	☀
2	Wed	10:06	3.9	10:26	4.2	3:40	-0.5	3:57	-0.3	6:30	5:57	☀
3	Thu	10:48	3.7	11:12	4.3	4:28	-0.4	4:39	-0.3	6:29	5:58	☀
4	Fri	11:33	3.4			5:20	-0.2	5:26	-0.2	6:28	5:59	☀
5	Sat	12:03	4.2	12:23	3.1	6:18	0.1	6:19	-0.1	6:26	6:00	☀
6	Sun	1:00	4.1	1:21	2.8	7:20	0.3	7:18	0.0	6:25	6:01	☀
7	Mon	2:06	4.0	2:28	2.7	8:28	0.4	8:23	0.0	6:23	6:02	☀
8	Tue	3:18	3.9	3:40	2.7	9:38	0.4	9:32	0.0	6:22	6:03	☀
9	Wed	4:30	4.0	4:50	2.9	10:46	0.3	10:40	-0.2	6:20	6:04	☀
10	Thu	5:33	4.1	5:50	3.1	11:46	0.1	11:44	-0.5	6:19	6:05	☀
11	Fri	6:28	4.2	6:44	3.4			12:37	-0.2	6:17	6:06	☀
12	Sat	7:17	4.2	7:32	3.7	12:40	-0.7	1:21	-0.4	6:16	6:07	☀
13	Sun	9:02	4.2	9:17	3.9	1:31	-0.8	3:00	-0.5	7:14	7:08	☀
14	Mon	9:44	4.0	10:00	4.1	3:17	-0.8	3:38	-0.5	7:13	7:09	☀
15	Tue	10:24	3.8	10:42	4.1	4:02	-0.7	4:15	-0.4	7:11	7:10	☀
16	Wed	11:04	3.6	11:23	4.1	4:45	-0.5	4:52	-0.2	7:10	7:11	☀
17	Thu	11:43	3.3			5:29	-0.2	5:30	0.0	7:08	7:11	☀
18	Fri	12:04	3.9	12:24	3.0	6:14	0.2	6:10	0.3	7:07	7:12	☀
19	Sat	12:47	3.8	1:06	2.8	7:01	0.5	6:55	0.5	7:05	7:13	☀
20	Sun	1:35	3.6	1:53	2.6	7:52	0.8	7:44	0.7	7:04	7:14	☀
21	Mon	2:29	3.4	2:47	2.5	8:47	1.1	8:39	0.8	7:02	7:15	☀
22	Tue	3:31	3.3	3:49	2.5	9:45	1.2	9:38	0.8	7:01	7:16	☀
23	Wed	4:35	3.4	4:52	2.6	10:44	1.2	10:38	0.7	6:59	7:17	☀
24	Thu	5:34	3.5	5:48	2.9	11:38	1.0	11:35	0.5	6:58	7:18	☀
25	Fri	6:24	3.7	6:38	3.2			12:26	0.8	6:56	7:19	☀
26	Sat	7:09	3.9	7:23	3.6	12:28	0.3	1:08	0.5	6:55	7:20	☀
27	Sun	7:51	4.0	8:07	3.9	1:18	0.0	1:47	0.2	6:53	7:21	☀
28	Mon	8:33	4.1	8:50	4.3	2:05	-0.3	2:26	-0.1	6:52	7:22	☀
29	Tue	9:16	4.1	9:34	4.6	2:51	-0.5	3:05	-0.3	6:50	7:23	☀
30	Wed	9:59	4.0	10:18	4.7	3:37	-0.6	3:46	-0.4	6:49	7:23	☀
31	Thu	10:43	3.8	11:05	4.8	4:24	-0.6	4:28	-0.4	6:47	7:24	☀