

































Metompkin Inlet, VA - Mar 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:35	4.5	6:52	3.6			12:43	-0.4	6:32	5:56	
2	Thu	7:27	4.6	7:44	4.0	12:49	-1.1	1:31	-0.7	6:31	5:57	
3	Fri	8:16	4.5	8:35	4.2	1:43	-1.2	2:16	-0.9	6:29	5:58	
4	Sat	9:03	4.4	9:23	4.4	2:34	-1.3	2:59	-0.9	6:28	5:59	
5	Sun	9:49	4.1	10:11	4.4	3:25	-1.1	3:42	-0.8	6:27	6:00	
6	Mon	10:34	3.7	10:57	4.3	4:15	-0.8	4:25	-0.6	6:25	6:01	
7	Tue	11:18	3.4	11:45	4.0	5:06	-0.4	5:10	-0.3	6:24	6:02	
8	Wed			12:04	3.0	5:59	0.0	5:58	0.0	6:22	6:03	
9	Thu	12:35	3.8	12:53	2.7	6:55	0.4	6:49	0.3	6:21	6:04	
10	Fri	1:31	3.5	1:48	2.5	7:54	0.7	7:45	0.5	6:19	6:05	
11	Sat	2:34	3.3	2:51	2.4	8:58	0.9	8:44	0.6	6:18	6:06	
12	Sun	4:43	3.3	4:56	2.4	11:03	1.0	10:45	0.6	7:16	7:07	
13	Mon	5:45	3.3	5:54	2.6			12:00	0.9	7:15	7:08	
14	Tue	6:36	3.5	6:42	2.9			12:45	0.8	7:13	7:08	
15	Wed	7:18	3.6	7:26	3.2	12:35	0.3	1:22	0.6	7:12	7:09	
16	Thu	7:57	3.8	8:07	3.5	1:20	0.1	1:55	0.4	7:10	7:10	
17	Fri	8:34	3.8	8:46	3.7	2:02	-0.1	2:28	0.2	7:09	7:11	
18	Sat	9:12	3.9	9:25	4.0	2:42	-0.2	3:02	0.1	7:07	7:12	
19	Sun	9:49	3.8	10:04	4.1	3:22	-0.2	3:36	0.0	7:06	7:13	
20	Mon	10:27	3.7	10:43	4.3	4:03	-0.2	4:11	0.0	7:04	7:14	
21	Tue	11:05	3.6	11:24	4.3	4:45	-0.1	4:49	0.0	7:03	7:15	
22	Wed	11:45	3.4			5:30	0.0	5:30	0.1	7:01	7:16	
23	Thu	12:08	4.3	12:29	3.2	6:20	0.2	6:17	0.2	7:00	7:17	
24	Fri	12:58	4.2	1:19	3.0	7:16	0.4	7:11	0.3	6:58	7:18	
25	Sat	1:55	4.1	2:17	2.9	8:17	0.5	8:13	0.3	6:57	7:19	
26	Sun	3:01	4.0	3:25	2.8	9:22	0.6	9:20	0.2	6:55	7:20	
27	Mon	4:11	4.0	4:37	3.0	10:27	0.5	10:29	0.1	6:54	7:20	
28	Tue	5:19	4.1	5:43	3.3	11:30	0.3	11:36	-0.2	6:52	7:21	
29	Wed	6:20	4.2	6:42	3.7			12:26	0.0	6:51	7:22	
30	Thu	7:14	4.2	7:35	4.1	12:40	-0.5	1:16	-0.3	6:49	7:23	
31	Fri	8:04	4.2	8:25	4.4	1:37	-0.7	2:02	-0.6	6:48	7:24	