

































## Metompkin Inlet, VA - Mar 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:30	3.5	3:46	2.4	9:53	0.6	9:37	0.2	6:33	5:56	
2	Fri	4:41	3.5	4:51	2.5	11:00	0.6	10:40	0.2	6:31	5:57	
3	Sat	5:38	3.5	5:43	2.7	11:54	0.5	11:35	0.1	6:30	5:58	
4	Sun	6:23	3.6	6:27	2.9			12:34	0.4	6:28	5:59	
5	Mon	7:02	3.7	7:07	3.2	12:23	-0.1	1:07	0.3	6:27	6:00	
6	Tue	7:38	3.8	7:46	3.4	1:04	-0.2	1:37	0.2	6:25	6:01	
7	Wed	8:13	3.8	8:24	3.6	1:42	-0.2	2:07	0.1	6:24	6:02	
8	Thu	8:49	3.7	9:01	3.8	2:20	-0.3	2:39	0.0	6:23	6:03	
9	Fri	9:24	3.7	9:39	3.9	2:57	-0.2	3:11	0.1	6:21	6:03	
10	Sat	10:00	3.5	10:16	3.9	3:35	-0.1	3:44	0.1	6:20	6:04	
11	Sun	11:36	3.3	11:54	3.9	5:15	0.1	5:19	0.3	7:18	7:05	
12	Mon			12:13	3.2	5:58	0.3	5:58	0.4	7:17	7:06	
13	Tue	12:36	3.8	12:54	3.0	6:45	0.5	6:42	0.5	7:15	7:07	
14	Wed	1:23	3.8	1:40	2.8	7:38	0.7	7:34	0.5	7:14	7:08	
15	Thu	2:18	3.8	2:38	2.8	8:36	0.8	8:33	0.5	7:12	7:09	
16	Fri	3:23	3.8	3:44	2.8	9:39	0.8	9:38	0.3	7:11	7:10	
17	Sat	4:30	3.9	4:52	3.0	10:42	0.6	10:44	0.1	7:09	7:11	
18	Sun	5:34	4.1	5:55	3.3	11:42	0.3	11:49	-0.3	7:08	7:12	
19	Mon	6:32	4.3	6:52	3.7			12:38	-0.1	7:06	7:13	
20	Tue	7:26	4.5	7:46	4.2	12:50	-0.6	1:28	-0.5	7:05	7:14	
21	Wed	8:17	4.5	8:38	4.5	1:47	-1.0	2:16	-0.8	7:03	7:15	
22	Thu	9:07	4.4	9:29	4.8	2:41	-1.2	3:01	-1.0	7:02	7:16	
23	Fri	9:55	4.3	10:18	4.9	3:34	-1.2	3:47	-1.0	7:00	7:17	
24	Sat	10:44	4.0	11:08	4.8	4:26	-1.1	4:33	-0.9	6:59	7:18	
25	Sun	11:32	3.7	11:58	4.6	5:18	-0.8	5:20	-0.7	6:57	7:18	
26	Mon			12:20	3.3	6:12	-0.4	6:11	-0.3	6:55	7:19	
27	Tue	12:50	4.3	1:11	3.0	7:09	0.0	7:05	0.0	6:54	7:20	
28	Wed	1:46	4.0	2:07	2.8	8:10	0.4	8:04	0.3	6:52	7:21	
29	Thu	2:48	3.7	3:10	2.6	9:14	0.7	9:06	0.5	6:51	7:22	
30	Fri	3:57	3.5	4:19	2.6	10:19	0.8	10:10	0.6	6:49	7:23	
31	Sat	5:05	3.4	5:23	2.8	11:20	0.8	11:13	0.5	6:48	7:24	