

































## Metompkin Inlet, VA - Mar 2017

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:14	3.2	11:36	3.6	4:56	0.2	5:02	0.3	6:33	5:55	
2	Sat	11:54	3.0			5:40	0.5	5:43	0.4	6:31	5:56	
3	Sun	12:21	3.5	12:37	2.8	6:28	0.7	6:29	0.6	6:30	5:57	
4	Mon	1:11	3.4	1:27	2.6	7:21	0.9	7:20	0.6	6:29	5:58	
5	Tue	2:09	3.4	2:25	2.6	8:19	1.0	8:18	0.6	6:27	5:59	
6	Wed	3:11	3.5	3:28	2.7	9:19	0.9	9:18	0.4	6:26	6:00	
7	Thu	4:13	3.7	4:29	2.9	10:18	0.8	10:18	0.2	6:24	6:01	
8	Fri	5:09	3.9	5:25	3.2	11:13	0.4	11:17	-0.2	6:23	6:02	
9	Sat	6:00	4.2	6:17	3.6			12:04	0.1	6:21	6:03	
10	Sun	7:49	4.4	8:07	4.0	12:13	-0.5	1:50	-0.3	7:20	7:04	
11	Mon	8:37	4.5	8:56	4.4	2:05	-0.9	2:35	-0.6	7:18	7:05	
12	Tue	9:25	4.5	9:45	4.7	2:57	-1.1	3:19	-0.9	7:17	7:06	
13	Wed	10:12	4.3	10:35	4.8	3:48	-1.1	4:04	-1.0	7:16	7:07	
14	Thu	11:00	4.1	11:25	4.8	4:39	-1.0	4:51	-0.9	7:14	7:08	
15	Fri	11:49	3.8			5:33	-0.8	5:40	-0.7	7:13	7:09	
16	Sat	12:17	4.7	12:40	3.4	6:30	-0.5	6:33	-0.5	7:11	7:10	
17	Sun	1:13	4.4	1:34	3.1	7:31	-0.1	7:31	-0.2	7:10	7:11	
18	Mon	2:13	4.1	2:36	2.9	8:35	0.2	8:34	0.0	7:08	7:12	
19	Tue	3:21	3.8	3:45	2.7	9:43	0.4	9:40	0.1	7:06	7:13	
20	Wed	4:35	3.7	4:58	2.8	10:52	0.5	10:48	0.2	7:05	7:14	
21	Thu	5:44	3.6	6:02	2.9	11:55	0.4	11:52	0.1	7:03	7:15	
22	Fri	6:39	3.6	6:53	3.1			12:46	0.3	7:02	7:15	
23	Sat	7:24	3.7	7:36	3.4	12:49	0.0	1:26	0.2	7:00	7:16	
24	Sun	8:03	3.7	8:15	3.6	1:36	-0.1	2:01	0.1	6:59	7:17	
25	Mon	8:40	3.7	8:53	3.8	2:18	-0.2	2:34	0.0	6:57	7:18	
26	Tue	9:16	3.6	9:30	4.0	2:56	-0.2	3:06	0.0	6:56	7:19	
27	Wed	9:53	3.6	10:08	4.1	3:33	-0.2	3:39	0.0	6:54	7:20	
28	Thu	10:30	3.5	10:46	4.1	4:11	-0.1	4:12	0.1	6:53	7:21	
29	Fri	11:07	3.3	11:25	4.0	4:49	0.1	4:48	0.3	6:51	7:22	
30	Sat	11:45	3.2			5:29	0.3	5:25	0.4	6:50	7:23	
31	Sun	12:05	3.9	12:24	3.0	6:12	0.6	6:07	0.6	6:48	7:24	