
































## Metompkin Inlet, VA - Mar 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:55	4.3	6:14	3.6			12:03	-0.4	6:32	5:56	
2	Tue	6:50	4.4	7:08	3.9	12:12	-0.9	12:54	-0.7	6:31	5:57	
3	Wed	7:40	4.4	7:59	4.1	1:08	-1.1	1:41	-0.9	6:29	5:58	
4	Thu	8:28	4.3	8:48	4.3	2:00	-1.2	2:26	-1.0	6:28	5:59	
5	Fri	9:14	4.2	9:35	4.3	2:49	-1.2	3:09	-0.9	6:26	6:00	
6	Sat	9:59	3.9	10:21	4.2	3:37	-1.0	3:52	-0.7	6:25	6:01	
7	Sun	10:42	3.6	11:06	4.1	4:25	-0.6	4:35	-0.5	6:24	6:02	
8	Mon	11:26	3.3	11:53	3.8	5:14	-0.3	5:20	-0.2	6:22	6:03	
9	Tue			12:11	3.0	6:05	0.1	6:08	0.1	6:21	6:04	
10	Wed	12:42	3.6	1:00	2.8	6:58	0.5	6:59	0.4	6:19	6:05	
11	Thu	1:37	3.4	1:55	2.6	7:54	0.8	7:53	0.5	6:18	6:06	
12	Fri	2:38	3.3	2:55	2.6	8:52	0.9	8:50	0.6	6:16	6:07	
13	Sat	3:41	3.3	3:56	2.7	9:49	1.0	9:48	0.6	6:15	6:08	
14	Sun	5:38	3.4	5:51	2.9	11:43	0.9	11:43	0.4	7:13	7:08	
15	Mon	6:28	3.5	6:40	3.1			12:29	0.7	7:12	7:09	
16	Tue	7:12	3.7	7:24	3.4	12:34	0.3	1:10	0.5	7:10	7:10	
17	Wed	7:53	3.8	8:07	3.7	1:20	0.0	1:48	0.3	7:09	7:11	
18	Thu	8:33	3.9	8:48	4.0	2:03	-0.1	2:25	0.0	7:07	7:12	
19	Fri	9:13	4.0	9:29	4.2	2:46	-0.3	3:03	-0.1	7:06	7:13	
20	Sat	9:53	4.0	10:11	4.4	3:28	-0.4	3:41	-0.2	7:04	7:14	
21	Sun	10:34	3.9	10:53	4.5	4:11	-0.4	4:20	-0.2	7:03	7:15	
22	Mon	11:16	3.7	11:38	4.5	4:56	-0.3	5:03	-0.2	7:01	7:16	
23	Tue			12:00	3.6	5:45	-0.1	5:50	-0.1	7:00	7:17	
24	Wed	12:26	4.4	12:48	3.4	6:38	0.0	6:42	0.0	6:58	7:18	
25	Thu	1:20	4.3	1:43	3.2	7:36	0.2	7:40	0.1	6:57	7:19	
26	Fri	2:19	4.2	2:45	3.1	8:38	0.3	8:43	0.1	6:55	7:20	
27	Sat	3:26	4.0	3:53	3.1	9:41	0.3	9:50	0.0	6:54	7:21	
28	Sun	4:34	4.0	5:01	3.3	10:44	0.2	10:57	-0.1	6:52	7:21	
29	Mon	5:39	4.0	6:04	3.6	11:44	0.0			6:51	7:22	
30	Tue	6:37	4.1	7:00	3.9	12:02	-0.3	12:39	-0.2	6:49	7:23	
31	Wed	7:29	4.1	7:51	4.2	1:02	-0.5	1:29	-0.5	6:48	7:24	