

































Metompkin Inlet, VA - Mar 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:23	4.2	5:43	3.4	11:33	-0.2	11:40	-0.7	6:32	5:56	
2	Sun	6:20	4.3	6:38	3.6			12:28	-0.5	6:31	5:57	
3	Mon	7:12	4.4	7:30	3.8	12:37	-1.0	1:18	-0.7	6:29	5:58	
4	Tue	8:01	4.4	8:19	4.0	1:29	-1.1	2:03	-0.8	6:28	5:59	
5	Wed	8:47	4.3	9:05	4.0	2:18	-1.1	2:46	-0.8	6:26	6:00	
6	Thu	9:31	4.1	9:50	4.0	3:04	-1.0	3:28	-0.7	6:25	6:01	
7	Fri	10:14	3.9	10:34	4.0	3:50	-0.8	4:09	-0.5	6:24	6:02	
8	Sat	10:56	3.6	11:18	3.8	4:36	-0.5	4:51	-0.3	6:22	6:03	
9	Sun			12:39	3.3	6:23	-0.1	6:35	0.0	7:21	7:04	
10	Mon	1:03	3.6	1:24	3.1	7:12	0.2	7:21	0.3	7:19	7:05	
11	Tue	1:52	3.5	2:12	2.8	8:03	0.5	8:10	0.5	7:18	7:06	
12	Wed	2:45	3.3	3:07	2.7	8:57	0.8	9:02	0.6	7:16	7:07	
13	Thu	3:44	3.3	4:05	2.7	9:53	0.9	9:57	0.7	7:15	7:08	
14	Fri	4:45	3.3	5:04	2.8	10:49	0.9	10:53	0.6	7:13	7:09	
15	Sat	5:41	3.5	5:58	3.0	11:43	0.8	11:48	0.4	7:12	7:09	
16	Sun	6:31	3.7	6:46	3.3			12:31	0.6	7:10	7:10	
17	Mon	7:16	3.9	7:31	3.6	12:38	0.2	1:15	0.4	7:09	7:11	
18	Tue	8:00	4.1	8:15	3.8	1:26	-0.1	1:57	0.1	7:07	7:12	
19	Wed	8:42	4.2	8:58	4.1	2:11	-0.3	2:37	-0.1	7:06	7:13	
20	Thu	9:24	4.3	9:42	4.3	2:55	-0.5	3:17	-0.3	7:04	7:14	
21	Fri	10:07	4.3	10:26	4.5	3:40	-0.6	3:58	-0.4	7:03	7:15	
22	Sat	10:51	4.2	11:12	4.6	4:26	-0.6	4:41	-0.4	7:01	7:16	
23	Sun	11:36	4.0	11:59	4.5	5:15	-0.5	5:27	-0.4	7:00	7:17	
24	Mon			12:23	3.8	6:07	-0.3	6:17	-0.3	6:58	7:18	
25	Tue	12:51	4.4	1:15	3.5	7:03	-0.1	7:12	-0.1	6:57	7:19	
26	Wed	1:47	4.3	2:13	3.3	8:03	0.1	8:12	0.0	6:55	7:20	
27	Thu	2:49	4.1	3:17	3.2	9:06	0.2	9:16	0.0	6:54	7:21	
28	Fri	3:57	4.0	4:26	3.2	10:11	0.2	10:21	0.0	6:52	7:21	
29	Sat	5:05	4.0	5:32	3.3	11:15	0.1	11:27	-0.2	6:50	7:22	
30	Sun	6:07	4.0	6:32	3.6			12:14	-0.1	6:49	7:23	
31	Mon	7:03	4.1	7:24	3.8	12:29	-0.4	1:07	-0.3	6:47	7:24	