

































## Metompkin Inlet, VA - Mar 2024

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