

































## Metompkin Inlet, VA - Mar 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:17	3.7	10:33	3.6	3:45	-0.2	4:08	0.1	6:33	5:55	
2	Tue	10:54	3.6	11:12	3.6	4:26	0.0	4:45	0.2	6:31	5:56	
3	Wed	11:32	3.4	11:53	3.6	5:09	0.2	5:24	0.3	6:30	5:57	
4	Thu			12:13	3.2	5:55	0.4	6:08	0.4	6:29	5:58	
5	Fri	12:40	3.6	1:00	3.0	6:47	0.6	6:56	0.5	6:27	5:59	
6	Sat	1:33	3.6	1:54	2.9	7:43	0.7	7:51	0.4	6:26	6:00	
7	Sun	2:33	3.7	2:56	2.9	8:44	0.6	8:50	0.3	6:24	6:01	
8	Mon	3:37	3.9	4:00	3.1	9:46	0.5	9:52	0.1	6:23	6:02	
9	Tue	4:39	4.1	5:01	3.3	10:48	0.2	10:54	-0.3	6:21	6:03	
10	Wed	5:37	4.4	5:57	3.6	11:45	-0.1	11:53	-0.7	6:20	6:04	
11	Thu	6:32	4.6	6:52	4.0			12:38	-0.5	6:18	6:05	
12	Fri	7:25	4.8	7:45	4.3	12:49	-1.0	1:28	-0.8	6:17	6:06	
13	Sat	8:16	4.8	8:36	4.5	1:43	-1.3	2:16	-1.0	6:15	6:07	
14	Sun	10:06	4.7	10:28	4.6	3:36	-1.4	4:03	-1.1	7:14	7:08	
15	Mon	10:55	4.5	11:18	4.6	4:28	-1.3	4:51	-1.0	7:12	7:09	
16	Tue	11:44	4.1			5:22	-1.1	5:40	-0.8	7:11	7:10	
17	Wed	12:09	4.5	12:34	3.7	6:17	-0.7	6:30	-0.6	7:09	7:11	
18	Thu	1:02	4.3	1:26	3.4	7:15	-0.3	7:24	-0.2	7:08	7:12	
19	Fri	1:58	4.0	2:22	3.0	8:16	0.0	8:21	0.0	7:06	7:13	
20	Sat	2:59	3.7	3:24	2.8	9:19	0.3	9:21	0.3	7:05	7:14	
21	Sun	4:06	3.5	4:31	2.7	10:25	0.5	10:23	0.4	7:03	7:15	
22	Mon	5:13	3.5	5:34	2.8	11:29	0.6	11:24	0.4	7:02	7:15	
23	Tue	6:11	3.5	6:26	2.9			12:23	0.5	7:00	7:16	
24	Wed	6:58	3.6	7:10	3.1	12:19	0.3	1:07	0.4	6:59	7:17	
25	Thu	7:39	3.7	7:51	3.4	1:07	0.1	1:43	0.3	6:57	7:18	
26	Fri	8:18	3.8	8:30	3.6	1:49	0.0	2:17	0.2	6:56	7:19	
27	Sat	8:56	3.8	9:08	3.8	2:28	-0.1	2:50	0.1	6:54	7:20	
28	Sun	9:33	3.9	9:47	3.9	3:06	-0.2	3:23	0.1	6:53	7:21	
29	Mon	10:11	3.8	10:25	4.0	3:44	-0.1	3:57	0.1	6:51	7:22	
30	Tue	10:48	3.7	11:04	4.1	4:22	-0.1	4:33	0.2	6:50	7:23	
31	Wed	11:26	3.6	11:43	4.1	5:02	0.1	5:10	0.3	6:48	7:24	