

































Metompkin Inlet, VA - Mar 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:50	4.7	8:07	4.0	1:12	-0.8	1:53	-0.6	6:32	5:56	
2	Thu	8:38	4.7	8:56	4.2	2:02	-1.1	2:38	-0.8	6:30	5:57	
3	Fri	9:25	4.7	9:45	4.4	2:52	-1.2	3:23	-0.9	6:29	5:58	
4	Sat	10:13	4.5	10:35	4.4	3:43	-1.1	4:09	-0.9	6:27	5:59	
5	Sun	11:01	4.2	11:27	4.4	4:37	-0.9	4:58	-0.7	6:26	6:00	
6	Mon	11:51	3.8			5:33	-0.6	5:50	-0.6	6:25	6:01	
7	Tue	12:21	4.2	12:45	3.4	6:34	-0.3	6:45	-0.3	6:23	6:02	
8	Wed	1:21	4.1	1:45	3.0	7:37	0.0	7:44	-0.1	6:22	6:03	
9	Thu	2:26	3.9	2:51	2.8	8:44	0.2	8:46	0.0	6:20	6:04	
10	Fri	3:37	3.8	4:01	2.8	9:54	0.3	9:51	0.0	6:19	6:05	
11	Sat	4:45	3.8	5:05	2.9	11:00	0.3	10:54	-0.1	6:17	6:06	
12	Sun	6:44	3.8	6:59	3.0			12:57	0.2	7:16	7:07	
13	Mon	7:33	3.9	7:45	3.2	12:52	-0.2	1:43	0.0	7:14	7:08	
14	Tue	8:16	3.9	8:27	3.4	1:41	-0.3	2:22	0.0	7:13	7:09	
15	Wed	8:56	3.9	9:07	3.6	2:24	-0.4	2:56	-0.1	7:11	7:10	
16	Thu	9:33	3.9	9:46	3.7	3:04	-0.4	3:30	-0.1	7:10	7:11	
17	Fri	10:11	3.8	10:24	3.8	3:43	-0.4	4:03	-0.1	7:08	7:12	
18	Sat	10:48	3.7	11:03	3.8	4:22	-0.3	4:37	0.0	7:07	7:12	
19	Sun	11:26	3.6	11:42	3.8	5:01	-0.1	5:13	0.2	7:05	7:13	
20	Mon			12:04	3.4	5:42	0.2	5:50	0.4	7:04	7:14	
21	Tue	12:22	3.8	12:43	3.2	6:25	0.4	6:30	0.6	7:02	7:15	
22	Wed	1:05	3.7	1:26	3.0	7:12	0.6	7:15	0.7	7:01	7:16	
23	Thu	1:52	3.6	2:15	2.9	8:04	0.8	8:06	0.8	6:59	7:17	
24	Fri	2:47	3.6	3:11	2.8	8:59	0.9	9:02	0.7	6:58	7:18	
25	Sat	3:48	3.6	4:13	2.9	9:58	0.9	10:01	0.6	6:56	7:19	
26	Sun	4:50	3.8	5:13	3.1	10:57	0.7	11:02	0.4	6:55	7:20	
27	Mon	5:48	4.0	6:10	3.4	11:53	0.4			6:53	7:21	
28	Tue	6:42	4.3	7:03	3.8	12:02	0.0	12:46	0.1	6:52	7:22	
29	Wed	7:34	4.5	7:54	4.2	12:58	-0.4	1:36	-0.3	6:50	7:23	
30	Thu	8:23	4.6	8:44	4.5	1:53	-0.8	2:23	-0.6	6:49	7:24	
31	Fri	9:13	4.6	9:34	4.8	2:45	-1.0	3:09	-0.8	6:47	7:24	