

































## Metompkin Inlet, VA - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:53	4.1	5:13	3.0	11:09	0.1	11:05	-0.4	6:32	5:56	
2	Fri	5:54	4.2	6:11	3.1			12:08	-0.1	6:31	5:57	
3	Sat	6:48	4.3	7:03	3.4	12:04	-0.6	12:59	-0.3	6:29	5:58	
4	Sun	7:37	4.3	7:51	3.5	12:58	-0.8	1:44	-0.5	6:28	5:59	
5	Mon	8:23	4.3	8:37	3.7	1:47	-0.9	2:25	-0.5	6:26	6:00	
6	Tue	9:05	4.1	9:20	3.8	2:33	-0.9	3:04	-0.5	6:25	6:01	
7	Wed	9:46	4.0	10:02	3.8	3:17	-0.7	3:42	-0.4	6:23	6:02	
8	Thu	10:26	3.7	10:43	3.8	4:01	-0.5	4:20	-0.2	6:22	6:03	
9	Fri	11:06	3.5	11:25	3.7	4:45	-0.2	4:58	0.0	6:21	6:04	
10	Sat	11:46	3.2			5:30	0.1	5:39	0.3	6:19	6:05	
11	Sun	12:09	3.6	1:30	2.9	7:18	0.4	7:23	0.5	7:18	7:06	
12	Mon	1:57	3.4	2:18	2.7	8:09	0.7	8:11	0.7	7:16	7:07	
13	Tue	2:51	3.3	3:13	2.6	9:04	0.9	9:03	0.8	7:15	7:08	
14	Wed	3:51	3.3	4:13	2.6	10:01	1.0	10:00	0.8	7:13	7:09	
15	Thu	4:52	3.4	5:12	2.7	10:59	1.0	10:57	0.6	7:12	7:09	
16	Fri	5:49	3.6	6:06	2.9	11:54	0.8	11:53	0.4	7:10	7:10	
17	Sat	6:40	3.8	6:55	3.2			12:44	0.6	7:09	7:11	
18	Sun	7:27	4.1	7:41	3.5	12:45	0.1	1:28	0.3	7:07	7:12	
19	Mon	8:11	4.3	8:26	3.9	1:34	-0.2	2:11	0.0	7:06	7:13	
20	Tue	8:55	4.4	9:11	4.2	2:21	-0.5	2:52	-0.3	7:04	7:14	
21	Wed	9:38	4.4	9:56	4.4	3:08	-0.7	3:33	-0.5	7:03	7:15	
22	Thu	10:23	4.3	10:43	4.6	3:55	-0.8	4:15	-0.5	7:01	7:16	
23	Fri	11:08	4.2	11:30	4.6	4:44	-0.7	4:59	-0.5	7:00	7:17	
24	Sat	11:55	3.9			5:36	-0.6	5:46	-0.4	6:58	7:18	
25	Sun	12:20	4.6	12:44	3.6	6:31	-0.3	6:38	-0.3	6:56	7:19	
26	Mon	1:14	4.4	1:39	3.3	7:31	-0.1	7:35	-0.1	6:55	7:20	
27	Tue	2:13	4.2	2:40	3.0	8:34	0.2	8:36	0.1	6:53	7:21	
28	Wed	3:20	4.1	3:49	2.9	9:41	0.3	9:42	0.1	6:52	7:21	
29	Thu	4:32	4.0	5:00	3.0	10:49	0.3	10:50	0.1	6:50	7:22	
30	Fri	5:40	4.0	6:05	3.1	11:53	0.2	11:55	-0.1	6:49	7:23	
31	Sat	6:40	4.0	7:00	3.4			12:49	0.1	6:47	7:24	