

































Metompkin Inlet, VA - Mar 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:01	3.5	1:20	2.8	7:16	0.3	7:18	0.3	6:32	5:56	
2	Sat	1:56	3.4	2:16	2.5	8:15	0.6	8:11	0.5	6:31	5:57	
3	Sun	2:58	3.3	3:17	2.4	9:17	0.8	9:07	0.6	6:30	5:58	
4	Mon	4:01	3.3	4:17	2.5	10:19	0.9	10:04	0.5	6:28	5:59	
5	Tue	5:00	3.4	5:11	2.6	11:16	0.8	10:59	0.4	6:27	6:00	
6	Wed	5:50	3.6	5:59	2.8			12:02	0.7	6:25	6:01	
7	Thu	6:34	3.8	6:43	3.1			12:41	0.5	6:24	6:02	
8	Fri	7:15	3.9	7:25	3.3	12:34	0.0	1:17	0.3	6:22	6:03	
9	Sat	7:54	4.1	8:05	3.6	1:16	-0.2	1:52	0.1	6:21	6:04	
10	Sun	9:33	4.1	9:45	3.8	1:57	-0.3	3:27	0.0	7:19	7:05	
11	Mon	10:11	4.1	10:25	3.9	3:37	-0.4	4:02	-0.1	7:18	7:05	
12	Tue	10:49	4.0	11:06	4.1	4:19	-0.3	4:39	-0.1	7:16	7:06	
13	Wed	11:28	3.8	11:48	4.1	5:03	-0.3	5:18	-0.1	7:15	7:07	
14	Thu			12:10	3.6	5:50	-0.1	6:01	0.0	7:14	7:08	
15	Fri	12:33	4.2	12:55	3.4	6:42	0.1	6:48	0.1	7:12	7:09	
16	Sat	1:24	4.1	1:47	3.1	7:40	0.2	7:43	0.2	7:10	7:10	
17	Sun	2:22	4.1	2:47	2.9	8:42	0.4	8:43	0.2	7:09	7:11	
18	Mon	3:29	4.0	3:55	2.9	9:48	0.4	9:48	0.1	7:07	7:12	
19	Tue	4:39	4.1	5:04	3.0	10:56	0.3	10:56	-0.1	7:06	7:13	
20	Wed	5:46	4.2	6:09	3.2			12:00	0.1	7:04	7:14	
21	Thu	6:47	4.3	7:07	3.5	12:02	-0.3	12:58	-0.1	7:03	7:15	
22	Fri	7:42	4.4	8:00	3.8	1:03	-0.6	1:48	-0.4	7:01	7:16	
23	Sat	8:32	4.4	8:50	4.1	1:59	-0.9	2:34	-0.6	7:00	7:17	
24	Sun	9:19	4.3	9:37	4.3	2:50	-1.0	3:17	-0.7	6:58	7:18	
25	Mon	10:04	4.2	10:23	4.3	3:39	-1.0	3:58	-0.7	6:57	7:19	
26	Tue	10:48	3.9	11:07	4.3	4:26	-0.8	4:39	-0.5	6:55	7:19	
27	Wed	11:31	3.6	11:51	4.2	5:13	-0.5	5:20	-0.3	6:54	7:20	
28	Thu			12:13	3.3	6:01	-0.2	6:02	0.0	6:52	7:21	
29	Fri	12:35	4.0	12:57	3.0	6:50	0.2	6:47	0.3	6:51	7:22	
30	Sat	1:23	3.8	1:45	2.8	7:41	0.5	7:36	0.6	6:49	7:23	
31	Sun	2:15	3.5	2:38	2.6	8:36	0.8	8:30	0.8	6:48	7:24	