

































Metompkin Inlet, VA - Mar 2060

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:16	4.6	7:32	3.8	12:33	-0.7	1:22	-0.4	6:32	5:56	
2	Tue	8:05	4.7	8:22	4.1	1:26	-1.0	2:07	-0.7	6:30	5:57	
3	Wed	8:53	4.7	9:12	4.3	2:18	-1.2	2:51	-0.9	6:29	5:58	
4	Thu	9:40	4.5	10:01	4.5	3:09	-1.2	3:36	-0.9	6:27	5:59	
5	Fri	10:27	4.2	10:52	4.5	4:02	-1.1	4:22	-0.8	6:26	6:00	
6	Sat	11:16	3.8	11:43	4.4	4:57	-0.8	5:10	-0.7	6:25	6:01	
7	Sun			12:06	3.4	5:55	-0.4	6:02	-0.4	6:23	6:02	
8	Mon	12:39	4.2	1:01	3.0	6:57	-0.1	6:58	-0.1	6:22	6:03	
9	Tue	1:40	3.9	2:03	2.7	8:03	0.3	7:58	0.1	6:20	6:04	
10	Wed	2:50	3.7	3:13	2.5	9:14	0.5	9:04	0.2	6:19	6:05	
11	Thu	4:04	3.6	4:25	2.6	10:27	0.5	10:10	0.2	6:17	6:06	
12	Fri	5:12	3.7	5:26	2.7	11:31	0.5	11:13	0.1	6:16	6:07	
13	Sat	6:06	3.7	6:15	2.9			12:20	0.4	6:14	6:08	
14	Sun	7:50	3.8	7:56	3.1	12:06	0.0	1:58	0.3	7:13	7:09	
15	Mon	8:28	3.8	8:35	3.3	1:52	-0.2	2:31	0.2	7:11	7:10	
16	Tue	9:04	3.8	9:13	3.5	2:32	-0.2	3:02	0.1	7:10	7:11	
17	Wed	9:39	3.8	9:50	3.7	3:10	-0.3	3:32	0.1	7:08	7:12	
18	Thu	10:15	3.7	10:28	3.8	3:48	-0.2	4:03	0.1	7:07	7:13	
19	Fri	10:51	3.6	11:05	3.9	4:25	-0.1	4:35	0.2	7:05	7:13	
20	Sat	11:27	3.4	11:43	3.9	5:04	0.1	5:09	0.3	7:04	7:14	
21	Sun			12:03	3.2	5:45	0.3	5:45	0.5	7:02	7:15	
22	Mon	12:22	3.8	12:42	3.0	6:29	0.5	6:25	0.6	7:01	7:16	
23	Tue	1:05	3.7	1:25	2.8	7:18	0.7	7:12	0.7	6:59	7:17	
24	Wed	1:55	3.7	2:15	2.7	8:12	0.9	8:06	0.8	6:58	7:18	
25	Thu	2:53	3.7	3:16	2.7	9:12	1.0	9:07	0.7	6:56	7:19	
26	Fri	3:59	3.7	4:23	2.8	10:13	0.9	10:11	0.5	6:55	7:20	
27	Sat	5:04	3.9	5:26	3.1	11:14	0.7	11:15	0.2	6:53	7:21	
28	Sun	6:04	4.2	6:24	3.4			12:11	0.3	6:52	7:22	
29	Mon	6:58	4.4	7:18	3.9	12:17	-0.2	1:02	-0.1	6:50	7:23	
30	Tue	7:49	4.5	8:09	4.3	1:15	-0.6	1:50	-0.4	6:49	7:24	
31	Wed	8:39	4.6	9:00	4.7	2:10	-0.9	2:36	-0.7	6:47	7:24	