

































Metompkin Inlet, VA - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:34	4.5	6:50	3.7			12:40	-0.3	6:32	5:56	
2	Sun	7:24	4.7	7:42	4.1	12:46	-0.9	1:27	-0.7	6:30	5:57	
3	Mon	8:13	4.7	8:33	4.4	1:40	-1.2	2:12	-0.9	6:29	5:58	
4	Tue	9:02	4.5	9:23	4.6	2:32	-1.3	2:57	-1.0	6:27	5:59	
5	Wed	9:49	4.3	10:13	4.7	3:25	-1.2	3:42	-1.0	6:26	6:00	
6	Thu	10:37	3.9	11:04	4.6	4:18	-1.0	4:29	-0.8	6:24	6:01	
7	Fri	11:26	3.5	11:56	4.4	5:14	-0.6	5:19	-0.6	6:23	6:02	
8	Sat			12:17	3.1	6:12	-0.2	6:13	-0.3	6:22	6:03	
9	Sun	12:53	4.0	2:14	2.8	8:15	0.2	8:11	0.0	7:20	7:04	
10	Mon	2:57	3.8	3:18	2.6	9:22	0.5	9:14	0.2	7:19	7:05	
11	Tue	4:10	3.6	4:30	2.5	10:33	0.6	10:20	0.3	7:17	7:06	
12	Wed	5:23	3.5	5:38	2.6	11:42	0.7	11:26	0.3	7:16	7:07	
13	Thu	6:24	3.5	6:33	2.8			12:38	0.6	7:14	7:08	
14	Fri	7:11	3.6	7:17	3.0	12:24	0.2	1:20	0.5	7:13	7:09	
15	Sat	7:50	3.7	7:57	3.3	1:13	0.0	1:53	0.3	7:11	7:10	
16	Sun	8:26	3.7	8:35	3.5	1:55	-0.1	2:24	0.2	7:10	7:11	
17	Mon	9:01	3.7	9:12	3.7	2:34	-0.2	2:54	0.1	7:08	7:12	
18	Tue	9:36	3.7	9:49	3.9	3:11	-0.2	3:25	0.1	7:07	7:13	
19	Wed	10:12	3.6	10:26	4.0	3:48	-0.1	3:57	0.1	7:05	7:13	
20	Thu	10:48	3.5	11:04	4.0	4:26	0.0	4:30	0.2	7:04	7:14	
21	Fri	11:24	3.3	11:42	4.0	5:05	0.1	5:05	0.3	7:02	7:15	
22	Sat			12:02	3.1	5:46	0.4	5:43	0.4	7:01	7:16	
23	Sun	12:23	3.9	12:41	3.0	6:32	0.6	6:26	0.6	6:59	7:17	
24	Mon	1:08	3.8	1:27	2.8	7:24	0.8	7:17	0.6	6:58	7:18	
25	Tue	2:02	3.8	2:22	2.8	8:21	0.9	8:16	0.6	6:56	7:19	
26	Wed	3:04	3.8	3:26	2.8	9:21	0.9	9:20	0.5	6:55	7:20	
27	Thu	4:11	3.9	4:34	3.0	10:23	0.7	10:25	0.3	6:53	7:21	
28	Fri	5:15	4.0	5:37	3.3	11:22	0.4	11:30	-0.1	6:51	7:22	
29	Sat	6:13	4.2	6:35	3.8			12:17	0.1	6:50	7:23	
30	Sun	7:07	4.4	7:29	4.2	12:33	-0.4	1:08	-0.3	6:48	7:24	
31	Mon	7:58	4.4	8:20	4.6	1:31	-0.8	1:56	-0.6	6:47	7:24	