

































Metompkin Inlet, VA - Mar 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:51	4.4	6:10	3.7	11:57	-0.3			6:32	5:56	
2	Fri	6:45	4.6	7:04	4.1	12:08	-0.9	12:49	-0.7	6:30	5:57	
3	Sat	7:37	4.7	7:57	4.4	1:04	-1.2	1:38	-1.0	6:29	5:58	
4	Sun	8:27	4.6	8:49	4.6	1:58	-1.4	2:25	-1.1	6:27	5:59	
5	Mon	9:16	4.5	9:39	4.7	2:50	-1.4	3:11	-1.2	6:26	6:00	
6	Tue	10:05	4.2	10:30	4.6	3:42	-1.2	3:59	-1.1	6:24	6:01	
7	Wed	10:54	3.9	11:21	4.4	4:36	-0.9	4:48	-0.8	6:23	6:02	
8	Thu	11:43	3.5			5:31	-0.5	5:40	-0.5	6:22	6:03	
9	Fri	12:14	4.1	12:35	3.1	6:29	-0.1	6:35	-0.2	6:20	6:04	
10	Sat	1:12	3.8	1:32	2.8	7:31	0.2	7:33	0.1	6:19	6:05	
11	Sun	3:15	3.6	3:36	2.7	9:35	0.5	9:34	0.2	7:17	7:06	
12	Mon	4:24	3.4	4:43	2.7	10:40	0.6	10:36	0.3	7:16	7:07	
13	Tue	5:29	3.4	5:43	2.8	11:41	0.6	11:36	0.3	7:14	7:08	
14	Wed	6:23	3.4	6:33	3.0			12:31	0.6	7:13	7:09	
15	Thu	7:07	3.5	7:17	3.2	12:30	0.2	1:11	0.4	7:11	7:10	
16	Fri	7:46	3.6	7:57	3.5	1:16	0.1	1:46	0.3	7:10	7:11	
17	Sat	8:24	3.7	8:36	3.7	1:57	-0.1	2:19	0.2	7:08	7:12	
18	Sun	9:01	3.7	9:15	3.9	2:35	-0.2	2:52	0.1	7:07	7:13	
19	Mon	9:38	3.7	9:53	4.0	3:13	-0.2	3:26	0.0	7:05	7:14	
20	Tue	10:15	3.7	10:31	4.1	3:51	-0.1	4:01	0.1	7:04	7:14	
21	Wed	10:53	3.6	11:10	4.1	4:30	0.0	4:37	0.1	7:02	7:15	
22	Thu	11:31	3.5	11:50	4.1	5:10	0.1	5:15	0.2	7:01	7:16	
23	Fri			12:10	3.3	5:54	0.3	5:56	0.3	6:59	7:17	
24	Sat	12:33	4.0	12:53	3.2	6:42	0.5	6:44	0.4	6:58	7:18	
25	Sun	1:22	4.0	1:43	3.1	7:36	0.6	7:38	0.4	6:56	7:19	
26	Mon	2:18	3.9	2:41	3.1	8:33	0.6	8:38	0.4	6:54	7:20	
27	Tue	3:20	3.9	3:46	3.1	9:34	0.6	9:42	0.2	6:53	7:21	
28	Wed	4:26	4.0	4:52	3.4	10:34	0.4	10:48	0.0	6:51	7:22	
29	Thu	5:28	4.1	5:54	3.7	11:33	0.1	11:52	-0.3	6:50	7:23	
30	Fri	6:27	4.3	6:51	4.1			12:29	-0.3	6:48	7:24	
31	Sat	7:21	4.4	7:45	4.5	12:53	-0.7	1:21	-0.6	6:47	7:25	