

































Metompkin Inlet, VA - Mar 2069

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:46	3.7	3:08	2.8	9:01	0.2	9:05	-0.1	6:32	5:56	
2	Sat	3:56	3.7	4:16	2.8	10:09	0.3	10:09	-0.1	6:31	5:57	
3	Sun	5:01	3.7	5:17	2.9	11:12	0.2	11:11	-0.2	6:29	5:58	
4	Mon	5:56	3.7	6:08	3.1			12:05	0.1	6:28	5:59	
5	Tue	6:42	3.8	6:53	3.3	12:05	-0.3	12:47	0.0	6:26	6:00	
6	Wed	7:22	3.8	7:34	3.5	12:51	-0.4	1:24	-0.1	6:25	6:01	
7	Thu	8:01	3.8	8:13	3.7	1:33	-0.5	1:59	-0.2	6:23	6:02	
8	Fri	8:38	3.8	8:52	3.8	2:12	-0.4	2:32	-0.2	6:22	6:03	
9	Sat	9:15	3.7	9:31	3.8	2:50	-0.4	3:06	-0.1	6:20	6:04	
10	Sun	10:53	3.6	11:10	3.8	4:28	-0.2	4:41	0.0	7:19	7:05	
11	Mon	11:30	3.5	11:49	3.8	5:08	0.0	5:17	0.1	7:17	7:06	
12	Tue			12:09	3.3	5:49	0.2	5:56	0.3	7:16	7:07	
13	Wed	12:30	3.7	12:49	3.1	6:33	0.5	6:38	0.5	7:14	7:08	
14	Thu	1:14	3.6	1:33	3.0	7:21	0.7	7:25	0.6	7:13	7:09	
15	Fri	2:04	3.6	2:23	2.9	8:13	0.8	8:18	0.6	7:11	7:10	
16	Sat	3:00	3.6	3:21	2.9	9:09	0.9	9:15	0.6	7:10	7:10	
17	Sun	4:01	3.6	4:23	3.0	10:07	0.8	10:16	0.4	7:08	7:11	
18	Mon	5:02	3.8	5:23	3.3	11:05	0.6	11:16	0.1	7:07	7:12	
19	Tue	5:59	4.0	6:20	3.6			12:01	0.2	7:05	7:13	
20	Wed	6:52	4.3	7:13	4.0	12:16	-0.2	12:53	-0.1	7:04	7:14	
21	Thu	7:43	4.5	8:04	4.4	1:12	-0.6	1:43	-0.5	7:02	7:15	
22	Fri	8:33	4.5	8:55	4.7	2:06	-0.9	2:30	-0.8	7:01	7:16	
23	Sat	9:23	4.5	9:46	4.9	2:58	-1.2	3:17	-1.0	6:59	7:17	
24	Sun	10:13	4.4	10:37	5.0	3:50	-1.2	4:05	-1.1	6:58	7:18	
25	Mon	11:02	4.2	11:28	4.9	4:43	-1.1	4:54	-1.0	6:56	7:19	
26	Tue	11:53	3.9			5:37	-0.8	5:45	-0.7	6:55	7:20	
27	Wed	12:21	4.7	12:45	3.6	6:33	-0.5	6:40	-0.5	6:53	7:21	
28	Thu	1:16	4.4	1:41	3.3	7:33	-0.2	7:39	-0.2	6:52	7:22	
29	Fri	2:16	4.1	2:42	3.0	8:36	0.1	8:41	0.1	6:50	7:22	
30	Sat	3:22	3.8	3:50	2.9	9:40	0.3	9:46	0.2	6:49	7:23	
31	Sun	4:31	3.6	4:59	3.0	10:44	0.4	10:51	0.3	6:47	7:24	