US HARBORS www.USHarbors.com

Metompkin Inlet, VA - Mar 2076

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	4:41	4.2	5:02	3.1	10:55	0.1	10:54	-0.5	6:31	5:56	
2	Mon	5:42	4.4	6:02	3.4	11:55	-0.2	11:56	-0.8	6:30	5:57	
3	Tue	6:39	4.6	6:57	3.6			12:50	-0.5	6:29	5:58	
4	Wed	7:33	4.7	7:51	3.9	12:53	-1.1	1:39	-0.8	6:27	5:59	
5	Thu	8:23	4.7	8:42	4.1	1:47	-1.3	2:26	-0.9	6:26	6:00	
6	Fri	9:12	4.5	9:31	4.2	2:39	-1.3	3:10	-0.9	6:24	6:01	
7	Sat	9:58	4.3	10:19	4.2	3:30	-1.1	3:55	-0.8	6:23	6:02	
8	Sun	11:44	3.9			5:20	-0.9	5:39	-0.6	7:21	7:03	
9	Mon	12:06	4.1	12:29	3.5	6:12	-0.5	6:25	-0.3	7:20	7:04	
10	Tue	12:54	3.9	1:15	3.2	7:06	-0.1	7:12	0.0	7:18	7:05	
11	Wed	1:44	3.7	2:05	2.8	8:01	0.3	8:02	0.3	7:17	7:06	
12	Thu	2:39	3.5	3:01	2.6	9:00	0.6	8:56	0.5	7:16	7:07	
13	Fri	3:40	3.3	4:02	2.5	10:01	0.8	9:53	0.6	7:14	7:08	
14	Sat	4:45	3.3	5:04	2.5	11:03	0.9	10:52	0.6	7:13	7:09	
15	Sun	5:45	3.4	5:59	2.7			12:01	0.8	7:11	7:10	
16	Mon	6:37	3.5	6:47	2.9			12:47	0.7	7:10	7:11	
17	Tue	7:21	3.7	7:31	3.2	12:38	0.3	1:26	0.6	7:08	7:12	
18	Wed	8:02	3.9	8:12	3.4	1:24	0.1	2:02	0.4	7:07	7:13	
19	Thu	8:41	4.0	8:53	3.7	2:06	-0.1	2:37	0.2	7:05	7:14	
20	Fri	9:19	4.0	9:32	3.9	2:46	-0.2	3:12	0.1	7:03	7:14	
21	Sat	9:57	4.0	10:12	4.1	3:27	-0.3	3:47	0.0	7:02	7:15	
22	Sun	10:35	3.9	10:52	4.2	4:07	-0.3	4:23	0.0	7:00	7:16	
23	Mon	11:14	3.8	11:33	4.2	4:50	-0.2	5:02	0.0	6:59	7:17	
24	Tue	11:55	3.6			5:36	-0.1	5:43	0.1	6:57	7:18	
25	Wed	12:17	4.3	12:40	3.4	6:27	0.1	6:30	0.2	6:56	7:19	
26	Thu	1:06	4.2	1:30	3.2	7:22	0.3	7:24	0.3	6:54	7:20	
27	Fri	2:02	4.1	2:28	3.0	8:23	0.4	8:24	0.3	6:53	7:21	
28	Sat	3:07	4.1	3:35	3.0	9:27	0.5	9:29	0.2	6:51	7:22	
29	Sun	4:16	4.1	4:44	3.1	10:33	0.4	10:36	0.0	6:50	7:23	
30	Mon	5:24	4.2	5:49	3.3	11:36	0.2	11:42	-0.2	6:48	7:24	
31	Tue	6:26	4.3	6:48	3.6			12:35	-0.1	6:47	7:25	