

## Metompkin Inlet, VA - Mar 2087

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sat | 5:17  | 3.9 | 5:32  | 3.3 | 11:19 | 0.4  | 11:25 | -0.2 | 6:32                                                                                | 5:56 |    |
| 2    | Sun | 6:07  | 4.2 | 6:23  | 3.6 |       |      | 12:09 | 0.1  | 6:31                                                                                | 5:57 |    |
| 3    | Mon | 6:55  | 4.4 | 7:12  | 4.0 | 12:18 | -0.5 | 12:56 | -0.3 | 6:30                                                                                | 5:58 |    |
| 4    | Tue | 7:42  | 4.5 | 8:01  | 4.3 | 1:09  | -0.8 | 1:41  | -0.6 | 6:28                                                                                | 5:59 |    |
| 5    | Wed | 8:29  | 4.5 | 8:49  | 4.5 | 1:59  | -1.0 | 2:25  | -0.8 | 6:27                                                                                | 6:00 |    |
| 6    | Thu | 9:16  | 4.4 | 9:39  | 4.7 | 2:49  | -1.1 | 3:11  | -0.9 | 6:25                                                                                | 6:01 |    |
| 7    | Fri | 10:04 | 4.3 | 10:29 | 4.7 | 3:40  | -1.1 | 3:57  | -0.9 | 6:24                                                                                | 6:02 |    |
| 8    | Sat | 10:53 | 4.0 | 11:21 | 4.6 | 4:34  | -0.9 | 4:47  | -0.8 | 6:22                                                                                | 6:03 |    |
| 9    | Sun |       |     | 12:44 | 3.6 | 6:30  | -0.6 | 6:40  | -0.6 | 7:21                                                                                | 7:03 |    |
| 10   | Mon | 1:16  | 4.3 | 1:38  | 3.3 | 7:30  | -0.2 | 7:38  | -0.4 | 7:19                                                                                | 7:04 |    |
| 11   | Tue | 2:16  | 4.1 | 2:39  | 3.0 | 8:33  | 0.0  | 8:39  | -0.2 | 7:18                                                                                | 7:05 |    |
| 12   | Wed | 3:22  | 3.9 | 3:47  | 2.9 | 9:40  | 0.2  | 9:44  | 0.0  | 7:16                                                                                | 7:06 |   |
| 13   | Thu | 4:33  | 3.7 | 4:57  | 2.9 | 10:47 | 0.3  | 10:50 | 0.0  | 7:15                                                                                | 7:07 |  |
| 14   | Fri | 5:41  | 3.7 | 6:01  | 3.0 | 11:51 | 0.2  | 11:54 | -0.1 | 7:14                                                                                | 7:08 |  |
| 15   | Sat | 6:38  | 3.7 | 6:54  | 3.2 |       |      | 12:45 | 0.1  | 7:12                                                                                | 7:09 |  |
| 16   | Sun | 7:26  | 3.7 | 7:39  | 3.4 | 12:51 | -0.2 | 1:29  | 0.0  | 7:11                                                                                | 7:10 |  |
| 17   | Mon | 8:08  | 3.8 | 8:20  | 3.6 | 1:40  | -0.3 | 2:08  | -0.1 | 7:09                                                                                | 7:11 |  |
| 18   | Tue | 8:46  | 3.8 | 9:00  | 3.8 | 2:22  | -0.4 | 2:43  | -0.1 | 7:08                                                                                | 7:12 |  |
| 19   | Wed | 9:24  | 3.7 | 9:39  | 3.9 | 3:02  | -0.4 | 3:17  | -0.2 | 7:06                                                                                | 7:13 |  |
| 20   | Thu | 10:02 | 3.7 | 10:17 | 4.0 | 3:40  | -0.3 | 3:51  | -0.1 | 7:04                                                                                | 7:14 |  |
| 21   | Fri | 10:39 | 3.6 | 10:56 | 4.0 | 4:18  | -0.2 | 4:26  | 0.0  | 7:03                                                                                | 7:15 |  |
| 22   | Sat | 11:17 | 3.4 | 11:36 | 3.9 | 4:57  | 0.0  | 5:02  | 0.2  | 7:01                                                                                | 7:16 |  |
| 23   | Sun | 11:56 | 3.3 |       |     | 5:38  | 0.2  | 5:41  | 0.3  | 7:00                                                                                | 7:17 |  |
| 24   | Mon | 12:17 | 3.8 | 12:36 | 3.1 | 6:21  | 0.5  | 6:23  | 0.5  | 6:58                                                                                | 7:18 |  |
| 25   | Tue | 1:00  | 3.7 | 1:19  | 3.0 | 7:08  | 0.7  | 7:09  | 0.6  | 6:57                                                                                | 7:18 |  |
| 26   | Wed | 1:48  | 3.6 | 2:08  | 2.9 | 7:59  | 0.9  | 8:02  | 0.7  | 6:55                                                                                | 7:19 |  |
| 27   | Thu | 2:43  | 3.6 | 3:05  | 2.9 | 8:53  | 0.9  | 8:58  | 0.7  | 6:54                                                                                | 7:20 |  |
| 28   | Fri | 3:42  | 3.6 | 4:06  | 3.0 | 9:50  | 0.9  | 9:58  | 0.6  | 6:52                                                                                | 7:21 |  |
| 29   | Sat | 4:43  | 3.7 | 5:06  | 3.3 | 10:46 | 0.7  | 10:59 | 0.3  | 6:51                                                                                | 7:22 |  |
| 30   | Sun | 5:40  | 3.9 | 6:03  | 3.6 | 11:41 | 0.4  | 11:58 | 0.0  | 6:49                                                                                | 7:23 |  |
| 31   | Mon | 6:33  | 4.1 | 6:55  | 4.1 |       |      | 12:33 | 0.0  | 6:48                                                                                | 7:24 |  |