

Metompkin Inlet, VA - Mar 2089

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:39	3.5			5:24	-0.4	5:38	-0.3	6:32	5:56	
2	Wed	12:06	3.8	12:26	3.1	6:16	0.0	6:27	0.0	6:30	5:57	
3	Thu	12:57	3.5	1:17	2.9	7:11	0.3	7:18	0.2	6:29	5:58	
4	Fri	1:53	3.4	2:13	2.7	8:08	0.6	8:12	0.4	6:27	5:59	
5	Sat	2:55	3.3	3:13	2.6	9:07	0.8	9:08	0.5	6:26	6:00	
6	Sun	3:57	3.3	4:12	2.7	10:06	0.8	10:05	0.4	6:25	6:01	
7	Mon	4:53	3.4	5:05	2.9	10:59	0.7	10:58	0.3	6:23	6:02	
8	Tue	5:41	3.5	5:53	3.1	11:45	0.6	11:47	0.2	6:22	6:03	
9	Wed	6:25	3.7	6:37	3.4			12:25	0.4	6:20	6:04	
10	Thu	7:06	3.9	7:19	3.6	12:32	0.0	1:03	0.2	6:19	6:05	
11	Fri	7:45	4.0	7:59	3.8	1:14	-0.2	1:40	0.0	6:17	6:06	
12	Sat	8:25	4.0	8:40	4.0	1:54	-0.3	2:17	-0.1	6:16	6:07	
13	Sun	10:04	4.0	10:21	4.1	3:35	-0.4	3:54	-0.2	7:14	7:08	
14	Mon	10:44	4.0	11:02	4.2	4:17	-0.3	4:33	-0.2	7:13	7:09	
15	Tue	11:24	3.8	11:45	4.3	5:01	-0.3	5:14	-0.1	7:11	7:10	
16	Wed			12:07	3.7	5:49	-0.1	5:59	-0.1	7:10	7:11	
17	Thu	12:32	4.2	12:54	3.5	6:40	0.0	6:50	0.0	7:08	7:12	
18	Fri	1:23	4.2	1:47	3.3	7:37	0.2	7:46	0.1	7:07	7:12	
19	Sat	2:22	4.1	2:47	3.2	8:37	0.3	8:47	0.1	7:05	7:13	
20	Sun	3:26	4.0	3:54	3.2	9:41	0.3	9:51	0.0	7:04	7:14	
21	Mon	4:34	4.0	5:01	3.3	10:45	0.2	10:57	-0.2	7:02	7:15	
22	Tue	5:39	4.1	6:04	3.6	11:46	-0.1			7:01	7:16	
23	Wed	6:38	4.2	7:01	3.9	12:01	-0.4	12:43	-0.3	6:59	7:17	
24	Thu	7:32	4.3	7:54	4.1	1:01	-0.7	1:35	-0.6	6:58	7:18	
25	Fri	8:23	4.3	8:44	4.4	1:57	-0.9	2:22	-0.8	6:56	7:19	
26	Sat	9:11	4.2	9:32	4.5	2:48	-1.0	3:07	-0.8	6:55	7:20	
27	Sun	9:57	4.1	10:18	4.5	3:36	-1.0	3:50	-0.8	6:53	7:21	
28	Mon	10:42	3.9	11:03	4.4	4:23	-0.8	4:33	-0.6	6:52	7:22	
29	Tue	11:26	3.6	11:48	4.2	5:10	-0.5	5:16	-0.3	6:50	7:23	
30	Wed			12:10	3.4	5:57	-0.2	6:01	0.0	6:49	7:24	
31	Thu	12:33	4.0	12:55	3.2	6:45	0.1	6:48	0.3	6:47	7:24	