

Metompkin Inlet, VA - Mar 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:26	3.9	7:32	3.2	12:43	0.0	1:28	0.3	6:32	5:56	
2	Sun	8:03	4.0	8:12	3.4	1:24	-0.2	2:01	0.2	6:31	5:57	
3	Mon	8:40	4.0	8:51	3.6	2:03	-0.3	2:34	0.1	6:29	5:58	
4	Tue	9:16	4.0	9:30	3.8	2:42	-0.3	3:07	0.0	6:28	5:59	
5	Wed	9:53	3.8	10:08	3.9	3:23	-0.3	3:42	0.0	6:26	6:00	
6	Thu	10:30	3.7	10:49	4.0	4:05	-0.2	4:19	0.0	6:25	6:01	
7	Fri	11:09	3.4	11:32	4.0	4:51	0.0	4:59	0.1	6:23	6:02	
8	Sat	11:52	3.2			5:42	0.2	5:44	0.2	6:22	6:03	
9	Sun	12:21	4.0	1:42	3.0	7:38	0.4	7:37	0.2	7:20	7:04	
10	Mon	2:19	4.0	2:41	2.8	8:40	0.5	8:37	0.2	7:19	7:05	
11	Tue	3:26	3.9	3:50	2.7	9:47	0.5	9:43	0.1	7:17	7:06	
12	Wed	4:38	4.0	5:01	2.8	10:55	0.4	10:52	-0.1	7:16	7:07	
13	Thu	5:46	4.2	6:06	3.1			12:01	0.2	7:15	7:08	
14	Fri	6:47	4.4	7:06	3.4			12:58	-0.1	7:13	7:09	
15	Sat	7:42	4.5	8:00	3.8	1:01	-0.7	1:49	-0.4	7:12	7:09	
16	Sun	8:33	4.5	8:50	4.1	1:57	-0.9	2:35	-0.6	7:10	7:10	
17	Mon	9:20	4.4	9:39	4.3	2:50	-1.1	3:18	-0.8	7:08	7:11	
18	Tue	10:06	4.2	10:25	4.4	3:40	-1.1	3:59	-0.8	7:07	7:12	
19	Wed	10:50	3.9	11:11	4.4	4:29	-0.9	4:41	-0.6	7:05	7:13	
20	Thu	11:34	3.6	11:56	4.3	5:17	-0.6	5:22	-0.4	7:04	7:14	
21	Fri			12:17	3.3	6:07	-0.2	6:06	-0.1	7:02	7:15	
22	Sat	12:41	4.0	1:02	2.9	6:58	0.2	6:52	0.3	7:01	7:16	
23	Sun	1:30	3.8	1:50	2.7	7:52	0.5	7:43	0.5	6:59	7:17	
24	Mon	2:24	3.5	2:45	2.5	8:49	0.8	8:39	0.7	6:58	7:18	
25	Tue	3:27	3.3	3:48	2.5	9:50	1.0	9:38	0.8	6:56	7:19	
26	Wed	4:34	3.3	4:52	2.5	10:52	1.1	10:39	0.8	6:55	7:20	
27	Thu	5:35	3.4	5:49	2.7	11:47	1.0	11:36	0.6	6:53	7:21	
28	Fri	6:26	3.5	6:37	3.0			12:32	0.9	6:52	7:22	
29	Sat	7:10	3.7	7:21	3.3	12:28	0.4	1:10	0.7	6:50	7:22	
30	Sun	7:49	3.8	8:02	3.6	1:15	0.2	1:46	0.4	6:49	7:23	
31	Mon	8:28	3.9	8:42	3.9	1:58	0.0	2:20	0.2	6:47	7:24	