

Metompkin Inlet, VA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:52	3.7	3:12	2.6	9:08	0.7	9:03	0.3	6:32	5:56	
2	Mon	4:00	3.9	4:19	2.8	10:14	0.6	10:09	0.0	6:31	5:57	
3	Tue	5:04	4.2	5:21	3.1	11:16	0.3	11:13	-0.4	6:29	5:58	
4	Wed	6:01	4.4	6:18	3.4			12:12	-0.1	6:28	5:59	
5	Thu	6:55	4.6	7:12	3.8	12:12	-0.8	1:02	-0.5	6:27	6:00	
6	Fri	7:46	4.7	8:04	4.2	1:09	-1.1	1:48	-0.8	6:25	6:01	
7	Sat	8:35	4.7	8:55	4.4	2:02	-1.3	2:33	-1.0	6:24	6:02	
8	Sun	10:23	4.5	10:45	4.6	3:55	-1.3	4:18	-1.0	7:22	7:03	
9	Mon	11:10	4.1	11:34	4.6	4:47	-1.1	5:03	-0.9	7:21	7:04	
10	Tue	11:58	3.7			5:41	-0.8	5:49	-0.7	7:19	7:05	
11	Wed	12:24	4.4	12:46	3.3	6:36	-0.4	6:39	-0.3	7:18	7:05	
12	Thu	1:16	4.2	1:37	2.9	7:35	0.0	7:32	0.0	7:16	7:06	
13	Fri	2:13	3.8	2:34	2.6	8:38	0.4	8:30	0.3	7:15	7:07	
14	Sat	3:18	3.6	3:39	2.4	9:46	0.7	9:33	0.4	7:13	7:08	
15	Sun	4:31	3.4	4:50	2.4	10:57	0.8	10:37	0.5	7:12	7:09	
16	Mon	5:41	3.4	5:53	2.6			12:02	0.8	7:10	7:10	
17	Tue	6:36	3.5	6:43	2.8			12:52	0.7	7:09	7:11	
18	Wed	7:20	3.6	7:25	3.0	12:34	0.3	1:29	0.6	7:07	7:12	
19	Thu	7:57	3.7	8:04	3.3	1:20	0.1	2:00	0.4	7:06	7:13	
20	Fri	8:33	3.8	8:42	3.6	2:01	0.0	2:30	0.3	7:04	7:14	
21	Sat	9:08	3.8	9:20	3.8	2:40	-0.1	3:00	0.2	7:03	7:15	
22	Sun	9:44	3.7	9:57	3.9	3:17	-0.1	3:31	0.1	7:01	7:16	
23	Mon	10:20	3.6	10:34	4.0	3:55	-0.1	4:03	0.2	7:00	7:17	
24	Tue	10:56	3.5	11:11	4.1	4:33	0.0	4:37	0.2	6:58	7:18	
25	Wed	11:32	3.3	11:50	4.1	5:14	0.2	5:13	0.3	6:57	7:19	
26	Thu			12:11	3.2	5:58	0.3	5:53	0.4	6:55	7:19	
27	Fri	12:33	4.0	12:53	3.0	6:47	0.5	6:39	0.5	6:54	7:20	
28	Sat	1:22	4.0	1:43	2.8	7:42	0.7	7:34	0.6	6:52	7:21	
29	Sun	2:20	3.9	2:43	2.8	8:43	0.8	8:37	0.5	6:51	7:22	
30	Mon	3:27	3.9	3:52	2.8	9:46	0.8	9:44	0.4	6:49	7:23	
31	Tue	4:36	4.0	5:01	3.1	10:49	0.6	10:51	0.1	6:48	7:24	