

Metompkin Inlet, VA - Mar 2100

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon			12:02	3.4	5:52	-0.4	5:58	-0.4	6:33	5:55	
2	Tue	12:36	4.2	12:57	3.0	6:54	0.0	6:54	-0.2	6:31	5:56	
3	Wed	1:38	4.0	1:59	2.7	8:01	0.3	7:56	0.0	6:30	5:57	
4	Thu	2:49	3.8	3:10	2.5	9:12	0.5	9:02	0.1	6:28	5:58	
5	Fri	4:04	3.7	4:23	2.5	10:25	0.5	10:10	0.1	6:27	5:59	
6	Sat	5:12	3.7	5:25	2.7	11:30	0.4	11:13	0.0	6:26	6:00	
7	Sun	6:08	3.8	6:16	2.9			12:21	0.3	6:24	6:01	
8	Mon	6:52	3.8	7:00	3.1	12:08	-0.2	1:01	0.2	6:23	6:02	
9	Tue	7:31	3.8	7:39	3.4	12:55	-0.3	1:34	0.0	6:21	6:03	
10	Wed	8:08	3.8	8:18	3.6	1:37	-0.4	2:05	0.0	6:20	6:04	
11	Thu	8:43	3.8	8:55	3.7	2:15	-0.4	2:36	0.0	6:18	6:05	
12	Fri	9:19	3.7	9:32	3.8	2:53	-0.3	3:07	0.0	6:17	6:06	
13	Sat	9:55	3.5	10:10	3.8	3:31	-0.2	3:40	0.1	6:15	6:07	
14	Sun	11:31	3.3	11:48	3.8	5:10	0.0	5:14	0.3	7:14	7:08	
15	Mon			12:08	3.1	5:51	0.3	5:50	0.4	7:12	7:09	
16	Tue	12:28	3.7	12:47	2.9	6:35	0.6	6:31	0.6	7:11	7:10	
17	Wed	1:11	3.6	1:29	2.7	7:23	0.8	7:17	0.7	7:09	7:11	
18	Thu	2:02	3.6	2:20	2.6	8:18	1.0	8:12	0.8	7:08	7:12	
19	Fri	3:01	3.5	3:21	2.6	9:17	1.0	9:12	0.7	7:06	7:13	
20	Sat	4:07	3.6	4:27	2.7	10:18	1.0	10:15	0.5	7:05	7:14	
21	Sun	5:10	3.8	5:29	3.0	11:18	0.7	11:18	0.2	7:03	7:15	
22	Mon	6:07	4.1	6:26	3.4			12:13	0.4	7:02	7:16	
23	Tue	7:00	4.3	7:18	3.8	12:19	-0.2	1:03	0.0	7:00	7:16	
24	Wed	7:50	4.4	8:09	4.3	1:16	-0.6	1:50	-0.4	6:59	7:17	
25	Thu	8:38	4.5	8:58	4.6	2:09	-0.9	2:34	-0.7	6:57	7:18	
26	Fri	9:26	4.4	9:48	4.9	3:02	-1.1	3:19	-0.9	6:56	7:19	
27	Sat	10:14	4.2	10:38	5.0	3:53	-1.1	4:04	-0.9	6:54	7:20	
28	Sun	11:03	3.9	11:28	4.9	4:46	-0.9	4:51	-0.8	6:53	7:21	
29	Mon	11:52	3.6			5:40	-0.7	5:40	-0.6	6:51	7:22	
30	Tue	12:21	4.7	12:44	3.3	6:38	-0.3	6:35	-0.3	6:50	7:23	
31	Wed	1:17	4.4	1:40	3.0	7:39	0.1	7:34	0.0	6:48	7:24	