

































## Sand Shoal Inlet, VA - Aug 1993

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:43	3.7	8:15	4.9	1:49	0.2	1:37	-0.1	6:07	8:10	
2	Mon	8:28	3.8	8:56	4.8	2:29	0.1	2:21	-0.1	6:08	8:09	
3	Tue	9:10	3.9	9:35	4.7	3:05	0.1	3:03	-0.1	6:09	8:08	
4	Wed	9:52	4.1	10:14	4.6	3:40	0.1	3:44	0.1	6:10	8:07	
5	Thu	10:33	4.1	10:52	4.4	4:16	0.2	4:25	0.2	6:11	8:06	
6	Fri	11:13	4.2	11:30	4.2	4:51	0.3	5:07	0.4	6:12	8:05	
7	Sat	11:55	4.2			5:29	0.4	5:52	0.6	6:12	8:04	
8	Sun	12:10	3.9	12:38	4.1	6:08	0.5	6:40	0.8	6:13	8:03	
9	Mon	12:51	3.7	1:25	4.1	6:50	0.6	7:31	1.0	6:14	8:02	
10	Tue	1:37	3.5	2:17	4.1	7:36	0.7	8:25	1.0	6:15	8:01	
11	Wed	2:30	3.3	3:14	4.2	8:26	0.7	9:23	1.1	6:16	8:00	
12	Thu	3:28	3.3	4:13	4.4	9:21	0.7	10:21	1.0	6:17	7:59	
13	Fri	4:28	3.4	5:10	4.7	10:18	0.5	11:19	0.8	6:17	7:57	
14	Sat	5:25	3.6	6:03	5.0	11:15	0.3			6:18	7:56	
15	Sun	6:19	3.9	6:54	5.3	12:13	0.5	12:12	0.1	6:19	7:55	
16	Mon	7:11	4.3	7:43	5.5	1:04	0.2	1:06	-0.2	6:20	7:54	
17	Tue	8:02	4.6	8:32	5.6	1:51	-0.1	1:58	-0.4	6:21	7:52	
18	Wed	8:53	5.0	9:20	5.6	2:37	-0.3	2:50	-0.5	6:22	7:51	
19	Thu	9:43	5.2	10:08	5.4	3:22	-0.4	3:42	-0.5	6:22	7:50	
20	Fri	10:34	5.3	10:57	5.1	4:09	-0.5	4:35	-0.4	6:23	7:49	
21	Sat	11:26	5.3	11:47	4.7	4:56	-0.4	5:31	-0.2	6:24	7:47	
22	Sun			12:19	5.2	5:47	-0.3	6:31	0.1	6:25	7:46	
23	Mon	12:39	4.2	1:17	5.0	6:40	-0.1	7:33	0.3	6:26	7:44	
24	Tue	1:35	3.8	2:19	4.8	7:38	0.1	8:39	0.5	6:27	7:43	
25	Wed	2:37	3.5	3:27	4.6	8:38	0.2	9:48	0.6	6:27	7:42	
26	Thu	3:46	3.4	4:36	4.6	9:41	0.3	10:56	0.6	6:28	7:40	
27	Fri	4:53	3.4	5:38	4.6	10:43	0.3	11:56	0.6	6:29	7:39	
28	Sat	5:52	3.5	6:29	4.6	11:43	0.3			6:30	7:38	
29	Sun	6:41	3.7	7:12	4.7	12:44	0.5	12:35	0.2	6:31	7:36	
30	Mon	7:24	3.9	7:51	4.7	1:24	0.4	1:21	0.1	6:32	7:35	
31	Tue	8:04	4.1	8:29	4.7	1:59	0.3	2:02	0.1	6:32	7:33	