































Sand Shoal Inlet, VA - Mar 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:11	3.8	5:21	3.3	11:19	0.5	11:17	0.1	6:33	5:57	
2	Sat	5:55	4.0	6:06	3.5	11:59	0.3			6:32	5:58	
3	Sun	6:36	4.2	6:48	3.8	12:02	0.0	12:37	0.2	6:30	5:59	
4	Mon	7:16	4.4	7:29	4.0	12:44	-0.2	1:14	0.0	6:29	6:00	
5	Tue	7:55	4.4	8:10	4.2	1:25	-0.3	1:50	-0.1	6:27	6:01	
6	Wed	8:34	4.4	8:50	4.4	2:05	-0.3	2:28	-0.1	6:26	6:02	
7	Thu	9:13	4.4	9:31	4.5	2:47	-0.3	3:06	-0.2	6:24	6:03	
8	Fri	9:54	4.2	10:14	4.5	3:30	-0.2	3:47	-0.1	6:23	6:04	
9	Sat	10:36	4.1	11:00	4.5	4:17	-0.1	4:31	-0.1	6:22	6:05	
10	Sun	11:21	3.8	11:50	4.5	5:08	0.0	5:20	0.0	6:20	6:05	
11	Mon			12:13	3.6	6:04	0.1	6:14	0.0	6:19	6:06	
12	Tue	12:48	4.4	1:12	3.5	7:05	0.2	7:14	0.0	6:17	6:07	
13	Wed	1:52	4.4	2:17	3.4	8:08	0.2	8:18	0.0	6:16	6:08	
14	Thu	2:59	4.4	3:25	3.5	9:13	0.1	9:23	-0.2	6:14	6:09	
15	Fri	4:05	4.5	4:29	3.8	10:15	0.0	10:28	-0.4	6:13	6:10	
16	Sat	5:05	4.6	5:27	4.1	11:14	-0.2	11:28	-0.6	6:11	6:11	
17	Sun	6:00	4.7	6:21	4.4			12:06	-0.5	6:10	6:12	
18	Mon	6:52	4.8	7:12	4.6	12:24	-0.8	12:55	-0.6	6:08	6:13	
19	Tue	7:40	4.7	8:00	4.8	1:16	-0.9	1:40	-0.7	6:07	6:14	
20	Wed	8:27	4.6	8:47	4.8	2:05	-0.9	2:23	-0.7	6:05	6:15	
21	Thu	9:11	4.3	9:32	4.7	2:52	-0.7	3:06	-0.5	6:04	6:16	
22	Fri	9:55	4.1	10:17	4.6	3:39	-0.5	3:49	-0.3	6:02	6:16	
23	Sat	10:39	3.8	11:02	4.3	4:26	-0.2	4:34	-0.1	6:01	6:17	
24	Sun	11:24	3.5	11:50	4.1	5:15	0.0	5:20	0.1	5:59	6:18	
25	Mon			12:11	3.2	6:06	0.3	6:10	0.3	5:58	6:19	
26	Tue	12:41	3.8	1:03	3.1	6:59	0.5	7:02	0.5	5:56	6:20	
27	Wed	1:38	3.7	2:01	3.0	7:53	0.7	7:58	0.6	5:55	6:21	
28	Thu	2:38	3.6	3:01	3.1	8:48	0.7	8:55	0.6	5:53	6:22	
29	Fri	3:37	3.7	3:57	3.3	9:41	0.7	9:50	0.5	5:52	6:23	
30	Sat	4:30	3.8	4:48	3.6	10:30	0.6	10:43	0.4	5:50	6:24	
31	Sun	5:16	4.0	5:33	3.9	11:15	0.4	11:31	0.2	5:49	6:25	