
































## Sand Shoal Inlet, VA - Jun 1996

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:09	4.2	8:37	5.7	1:59	-0.2	1:59	-0.4	5:43	8:18	
2	Sun	9:00	4.3	9:28	5.8	2:50	-0.4	2:49	-0.5	5:43	8:18	
3	Mon	9:51	4.3	10:19	5.7	3:40	-0.5	3:40	-0.5	5:43	8:19	
4	Tue	10:44	4.3	11:11	5.5	4:32	-0.5	4:34	-0.5	5:42	8:20	
5	Wed	11:38	4.2			5:25	-0.4	5:30	-0.3	5:42	8:20	
6	Thu	12:04	5.2	12:34	4.1	6:20	-0.3	6:30	-0.1	5:42	8:21	
7	Fri	12:59	4.9	1:34	4.1	7:16	-0.2	7:33	0.0	5:42	8:21	
8	Sat	1:57	4.5	2:37	4.1	8:13	-0.1	8:38	0.2	5:42	8:22	
9	Sun	2:57	4.1	3:42	4.1	9:08	-0.1	9:43	0.2	5:42	8:22	
10	Mon	3:59	3.8	4:43	4.3	10:03	0.0	10:48	0.3	5:41	8:23	
11	Tue	4:58	3.6	5:38	4.4	10:56	0.0	11:50	0.2	5:41	8:23	
12	Wed	5:52	3.6	6:27	4.6	11:46	0.0			5:41	8:24	
13	Thu	6:41	3.5	7:11	4.7	12:44	0.2	12:33	-0.1	5:41	8:24	
14	Fri	7:26	3.5	7:54	4.8	1:31	0.1	1:18	-0.1	5:41	8:24	
15	Sat	8:09	3.5	8:36	4.8	2:13	0.1	1:59	-0.1	5:41	8:25	
16	Sun	8:52	3.6	9:17	4.8	2:52	0.1	2:40	0.0	5:42	8:25	
17	Mon	9:35	3.6	9:58	4.7	3:30	0.1	3:20	0.1	5:42	8:26	
18	Tue	10:17	3.6	10:38	4.7	4:08	0.2	4:00	0.2	5:42	8:26	
19	Wed	10:59	3.6	11:19	4.5	4:47	0.3	4:42	0.3	5:42	8:26	
20	Thu	11:42	3.6			5:27	0.4	5:26	0.5	5:42	8:26	
21	Fri	12:00	4.3	12:25	3.6	6:09	0.4	6:13	0.6	5:42	8:27	
22	Sat	12:42	4.2	1:12	3.7	6:52	0.5	7:04	0.7	5:43	8:27	
23	Sun	1:27	4.0	2:01	3.8	7:36	0.5	7:57	0.8	5:43	8:27	
24	Mon	2:16	3.8	2:55	3.9	8:22	0.5	8:53	0.8	5:43	8:27	
25	Tue	3:09	3.8	3:50	4.2	9:11	0.4	9:51	0.7	5:44	8:27	
26	Wed	4:06	3.7	4:45	4.6	10:02	0.3	10:50	0.5	5:44	8:27	
27	Thu	5:02	3.8	5:39	4.9	10:56	0.1	11:48	0.3	5:44	8:27	
28	Fri	5:57	3.9	6:32	5.3	11:50	-0.1			5:45	8:27	
29	Sat	6:51	4.1	7:24	5.6	12:45	0.0	12:44	-0.4	5:45	8:27	
30	Sun	7:45	4.2	8:17	5.8	1:39	-0.2	1:38	-0.6	5:46	8:27	