

































Sand Shoal Inlet, VA - Mar 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:17	4.0	12:37	3.4	6:27	0.4	6:38	0.2	6:33	5:57	
2	Sun	1:12	4.0	1:34	3.3	7:25	0.4	7:35	0.2	6:32	5:58	
3	Mon	2:15	4.1	2:38	3.3	8:27	0.4	8:36	0.0	6:30	5:59	
4	Tue	3:20	4.3	3:42	3.5	9:30	0.2	9:39	-0.2	6:29	6:00	
5	Wed	4:22	4.6	4:43	3.8	10:32	0.0	10:41	-0.4	6:28	6:00	
6	Thu	5:20	4.9	5:41	4.1	11:29	-0.3	11:41	-0.7	6:26	6:01	
7	Fri	6:15	5.1	6:35	4.5			12:22	-0.6	6:25	6:02	
8	Sat	7:08	5.2	7:28	4.8	12:37	-1.0	1:12	-0.8	6:23	6:03	
9	Sun	7:59	5.1	8:20	4.9	1:30	-1.1	2:00	-0.9	6:22	6:04	
10	Mon	8:48	5.0	9:11	5.0	2:22	-1.1	2:47	-0.9	6:20	6:05	
11	Tue	9:37	4.7	10:01	4.9	3:14	-1.0	3:35	-0.8	6:19	6:06	
12	Wed	10:26	4.3	10:51	4.7	4:07	-0.8	4:24	-0.6	6:17	6:07	
13	Thu	11:15	3.9	11:43	4.4	5:02	-0.5	5:14	-0.4	6:16	6:08	
14	Fri			12:06	3.5	5:58	-0.1	6:08	-0.1	6:15	6:09	
15	Sat	12:38	4.1	1:01	3.2	6:57	0.1	7:03	0.1	6:13	6:10	
16	Sun	1:38	3.8	2:02	3.0	7:59	0.4	8:02	0.3	6:12	6:11	
17	Mon	2:43	3.7	3:06	3.0	9:01	0.5	9:01	0.3	6:10	6:12	
18	Tue	3:47	3.7	4:05	3.1	10:01	0.5	10:00	0.3	6:09	6:13	
19	Wed	4:42	3.8	4:55	3.3	10:53	0.5	10:52	0.2	6:07	6:14	
20	Thu	5:28	3.9	5:40	3.5	11:35	0.4	11:39	0.1	6:06	6:14	
21	Fri	6:09	4.0	6:21	3.8			12:12	0.3	6:04	6:15	
22	Sat	6:48	4.1	7:01	4.0	12:21	0.0	12:47	0.2	6:03	6:16	
23	Sun	7:26	4.2	7:40	4.2	1:00	-0.1	1:21	0.1	6:01	6:17	
24	Mon	8:04	4.2	8:19	4.4	1:39	-0.1	1:56	0.0	6:00	6:18	
25	Tue	8:43	4.2	8:58	4.5	2:18	-0.1	2:32	0.0	5:58	6:19	
26	Wed	9:21	4.1	9:38	4.5	2:57	-0.1	3:09	0.1	5:57	6:20	
27	Thu	9:59	4.0	10:18	4.5	3:39	0.0	3:48	0.1	5:55	6:21	
28	Fri	10:40	3.8	11:02	4.5	4:24	0.1	4:30	0.2	5:54	6:22	
29	Sat	11:24	3.7	11:51	4.4	5:12	0.2	5:18	0.3	5:52	6:23	
30	Sun			12:15	3.6	6:06	0.3	6:13	0.3	5:51	6:23	
31	Mon	12:47	4.4	1:13	3.5	7:04	0.4	7:13	0.3	5:49	6:24	