


































## Sand Shoal Inlet, VA - Jul 1997

| Date |     | High  |     |       |     | Low   |      |          |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM       | ft   | Rise  | Set  | Moon  |
| 1    | Tue | 5:49  | 3.6 | 6:27  | 4.8 | 11:44 | -0.2 |          |      | 5:46  | 8:27 |    |
| 2    | Wed | 6:42  | 3.6 | 7:15  | 4.9 | 12:45 | 0.1  | 12:35    | -0.2 | 5:46  | 8:27 |    |
| 3    | Thu | 7:31  | 3.6 | 8:01  | 4.9 | 1:35  | 0.0  | 1:23     | -0.2 | 5:47  | 8:27 |    |
| 4    | Fri | 8:17  | 3.6 | 8:46  | 4.9 | 2:20  | -0.1 | 2:09     | -0.2 | 5:47  | 8:27 |    |
| 5    | Sat | 9:02  | 3.7 | 9:28  | 4.9 | 3:02  | -0.1 | 2:52     | -0.2 | 5:48  | 8:27 |    |
| 6    | Sun | 9:46  | 3.7 | 10:10 | 4.8 | 3:41  | 0.0  | 3:34     | -0.1 | 5:48  | 8:26 |    |
| 7    | Mon | 10:29 | 3.7 | 10:51 | 4.6 | 4:21  | 0.1  | 4:16     | 0.1  | 5:49  | 8:26 |    |
| 8    | Tue | 11:12 | 3.7 | 11:32 | 4.4 | 5:00  | 0.2  | 5:00     | 0.3  | 5:50  | 8:26 |    |
| 9    | Wed | 11:55 | 3.7 |       |     | 5:40  | 0.3  | 5:45     | 0.4  | 5:50  | 8:26 |    |
| 10   | Thu | 12:13 | 4.2 | 12:40 | 3.7 | 6:21  | 0.4  | 6:33     | 0.6  | 5:51  | 8:25 |    |
| 11   | Fri | 12:56 | 4.0 | 1:27  | 3.7 | 7:04  | 0.5  | 7:23     | 0.8  | 5:51  | 8:25 |    |
| 12   | Sat | 1:42  | 3.8 | 2:17  | 3.8 | 7:47  | 0.6  | 8:16     | 0.9  | 5:52  | 8:24 |   |
| 13   | Sun | 2:31  | 3.6 | 3:11  | 4.0 | 8:33  | 0.6  | 9:11     | 0.9  | 5:53  | 8:24 |  |
| 14   | Mon | 3:25  | 3.5 | 4:06  | 4.2 | 9:22  | 0.5  | 10:07    | 0.8  | 5:53  | 8:24 |  |
| 15   | Tue | 4:20  | 3.5 | 4:59  | 4.5 | 10:13 | 0.4  | 11:04    | 0.7  | 5:54  | 8:23 |  |
| 16   | Wed | 5:15  | 3.6 | 5:51  | 4.8 | 11:05 | 0.3  |          |      | 5:55  | 8:23 |  |
| 17   | Thu | 6:07  | 3.8 | 6:41  | 5.2 | 12:00 | 0.5  | 11:59 AM | 0.1  | 5:56  | 8:22 |  |
| 18   | Fri | 6:59  | 4.0 | 7:31  | 5.4 | 12:53 | 0.2  | 12:51    | -0.2 | 5:56  | 8:21 |  |
| 19   | Sat | 7:50  | 4.2 | 8:21  | 5.6 | 1:43  | 0.0  | 1:43     | -0.4 | 5:57  | 8:21 |  |
| 20   | Sun | 8:42  | 4.4 | 9:11  | 5.7 | 2:32  | -0.3 | 2:34     | -0.5 | 5:58  | 8:20 |  |
| 21   | Mon | 9:34  | 4.5 | 10:01 | 5.7 | 3:21  | -0.4 | 3:25     | -0.6 | 5:59  | 8:19 |  |
| 22   | Tue | 10:26 | 4.6 | 10:52 | 5.5 | 4:10  | -0.5 | 4:19     | -0.5 | 5:59  | 8:19 |  |
| 23   | Wed | 11:18 | 4.7 | 11:42 | 5.2 | 4:59  | -0.5 | 5:14     | -0.4 | 6:00  | 8:18 |  |
| 24   | Thu |       |     | 12:12 | 4.7 | 5:51  | -0.4 | 6:13     | -0.2 | 6:01  | 8:17 |  |
| 25   | Fri | 12:34 | 4.8 | 1:08  | 4.6 | 6:43  | -0.3 | 7:14     | 0.0  | 6:02  | 8:17 |  |
| 26   | Sat | 1:28  | 4.3 | 2:08  | 4.5 | 7:38  | -0.2 | 8:18     | 0.2  | 6:02  | 8:16 |  |
| 27   | Sun | 2:27  | 3.9 | 3:12  | 4.5 | 8:33  | -0.1 | 9:23     | 0.3  | 6:03  | 8:15 |  |
| 28   | Mon | 3:29  | 3.6 | 4:17  | 4.5 | 9:30  | 0.0  | 10:30    | 0.4  | 6:04  | 8:14 |  |
| 29   | Tue | 4:33  | 3.5 | 5:17  | 4.6 | 10:28 | 0.1  | 11:34    | 0.4  | 6:05  | 8:13 |  |
| 30   | Wed | 5:32  | 3.4 | 6:11  | 4.6 | 11:24 | 0.1  |          |      | 6:06  | 8:12 |  |
| 31   | Thu | 6:25  | 3.5 | 6:59  | 4.7 | 12:31 | 0.3  | 12:17    | 0.0  | 6:07  | 8:11 |  |