US HARBORS www.USHarbors.com

Sand Shoal Inlet, VA - Aug 1997

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:12	3.6	7:43	4.8	1:19	0.3	1:05	0.0	6:07	8:10	
2	Sat	7:56	3.7	8:24	4.8	2:00	0.2	1:49	0.0	6:08	8:09	
3	Sun	8:38	3.8	9:04	4.8	2:37	0.2	2:30	0.0	6:09	8:08	
4	Mon	9:20	3.9	9:43	4.7	3:13	0.2	3:10	0.0	6:10	8:07	
5	Tue	10:01	4.0	10:22	4.6	3:48	0.2	3:50	0.1	6:11	8:06	
6	Wed	10:41	4.1	11:01	4.5	4:24	0.3	4:31	0.3	6:12	8:05	
7	Thu	11:22	4.1	11:40	4.3	5:01	0.4	5:13	0.5	6:12	8:04	
8	Fri			12:04	4.1	5:40	0.5	5:58	0.6	6:13	8:03	
9	Sat	12:20	4.1	12:48	4.1	6:20	0.6	6:47	0.8	6:14	8:02	
10	Sun	1:03	3.9	1:35	4.1	7:04	0.6	7:39	0.9	6:15	8:01	
11	Mon	1:50	3.7	2:28	4.2	7:51	0.7	8:34	0.9	6:16	8:00	
12	Tue	2:44	3.6	3:26	4.4	8:42	0.6	9:32	0.9	6:17	7:59	
13	Wed	3:43	3.6	4:24	4.6	9:37	0.5	10:32	0.7	6:17	7:57	
14	Thu	4:42	3.7	5:21	4.9	10:35	0.3	11:31	0.5	6:18	7:56	
15	Fri	5:40	3.9	6:15	5.3	11:33	0.1			6:19	7:55	
16	Sat	6:34	4.2	7:08	5.5	12:26	0.2	12:29	-0.2	6:20	7:54	
17	Sun	7:28	4.5	7:59	5.7	1:19	0.0	1:24	-0.4	6:21	7:52	
18	Mon	8:20	4.8	8:50	5.8	2:08	-0.3	2:17	-0.6	6:22	7:51	
19	Tue	9:13	5.0	9:41	5.7	2:57	-0.5	3:10	-0.7	6:23	7:50	
20	Wed	10:05	5.2	10:31	5.5	3:45	-0.6	4:03	-0.6	6:23	7:48	
21	Thu	10:57	5.2	11:21	5.1	4:33	-0.5	4:58	-0.4	6:24	7:47	
22	Fri	11:50	5.1			5:24	-0.4	5:56	-0.2	6:25	7:46	
23	Sat	12:12	4.7	12:45	5.0	6:16	-0.2	6:56	0.1	6:26	7:44	
24	Sun	1:06	4.2	1:43	4.8	7:10	0.0	7:59	0.3	6:27	7:43	
25	Mon	2:04	3.8	2:46	4.6	8:07	0.1	9:04	0.5	6:28	7:42	
26	Tue	3:07	3.5	3:53	4.5	9:06	0.3	10:11	0.6	6:28	7:40	
27	Wed	4:13	3.4	4:57	4.4	10:06	0.4	11:15	0.6	6:29	7:39	
28	Thu	5:15	3.4	5:53	4.5	11:05	0.4			6:30	7:37	
29	Fri	6:07	3.6	6:39	4.6	12:11	0.6	11:59 AM	0.3	6:31	7:36	
30	Sat	6:52	3.7	7:20	4.6	12:55	0.5	12:46	0.3	6:32	7:35	
31	Sun	7:33	3.9	7:59	4.7	1:33	0.4	1:29	0.2	6:32	7:33	