

































## Sand Shoal Inlet, VA - Mar 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:28	3.8	4:41	3.0	10:39	0.6	10:32	0.3	6:33	5:57	
2	Thu	5:18	4.0	5:29	3.2	11:27	0.5	11:21	0.1	6:31	5:58	
3	Fri	6:03	4.2	6:14	3.5			12:09	0.3	6:30	5:59	
4	Sat	6:45	4.4	6:57	3.8	12:07	-0.1	12:48	0.1	6:29	6:00	
5	Sun	7:26	4.6	7:39	4.0	12:51	-0.2	1:26	0.0	6:27	6:01	
6	Mon	8:07	4.7	8:21	4.2	1:33	-0.4	2:04	-0.1	6:26	6:02	
7	Tue	8:47	4.7	9:04	4.4	2:16	-0.4	2:43	-0.2	6:24	6:03	
8	Wed	9:28	4.6	9:47	4.5	3:00	-0.4	3:23	-0.2	6:23	6:04	
9	Thu	10:10	4.4	10:32	4.6	3:47	-0.3	4:06	-0.2	6:21	6:05	
10	Fri	10:55	4.1	11:21	4.6	4:37	-0.2	4:52	-0.2	6:20	6:05	
11	Sat	11:44	3.8			5:32	-0.1	5:44	-0.1	6:19	6:06	
12	Sun	12:15	4.5	12:39	3.5	6:32	0.1	6:40	0.0	6:17	6:07	
13	Mon	1:16	4.4	1:41	3.3	7:35	0.2	7:41	0.0	6:16	6:08	
14	Tue	2:23	4.4	2:50	3.3	8:42	0.2	8:46	-0.1	6:14	6:09	
15	Wed	3:32	4.4	3:57	3.4	9:48	0.1	9:52	-0.2	6:13	6:10	
16	Thu	4:37	4.5	4:59	3.6	10:51	0.0	10:55	-0.4	6:11	6:11	
17	Fri	5:36	4.7	5:55	3.9	11:47	-0.2	11:54	-0.6	6:10	6:12	
18	Sat	6:28	4.7	6:46	4.1			12:36	-0.4	6:08	6:13	
19	Sun	7:17	4.7	7:33	4.3	12:46	-0.7	1:20	-0.5	6:07	6:14	
20	Mon	8:02	4.6	8:19	4.5	1:35	-0.7	2:02	-0.5	6:05	6:15	
21	Tue	8:45	4.4	9:02	4.5	2:21	-0.7	2:42	-0.4	6:04	6:16	
22	Wed	9:27	4.2	9:45	4.5	3:06	-0.5	3:21	-0.3	6:02	6:17	
23	Thu	10:08	3.9	10:27	4.3	3:51	-0.3	4:01	-0.1	6:01	6:17	
24	Fri	10:50	3.6	11:11	4.2	4:36	-0.1	4:42	0.1	5:59	6:18	
25	Sat	11:33	3.4	11:57	4.0	5:23	0.2	5:26	0.3	5:58	6:19	
26	Sun			12:20	3.1	6:13	0.5	6:14	0.5	5:56	6:20	
27	Mon	12:48	3.8	1:12	3.0	7:06	0.7	7:06	0.6	5:55	6:21	
28	Tue	1:46	3.7	2:10	2.9	8:01	0.8	8:02	0.7	5:53	6:22	
29	Wed	2:47	3.7	3:10	3.0	8:57	0.8	8:59	0.6	5:52	6:23	
30	Thu	3:46	3.8	4:06	3.2	9:52	0.7	9:55	0.5	5:50	6:24	
31	Fri	4:38	4.0	4:56	3.5	10:42	0.6	10:48	0.3	5:49	6:25	