

































Sand Shoal Inlet, VA - May 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:32	4.4	6:55	4.7	12:07	0.2	12:28	0.1	6:07	7:52	
2	Tue	7:18	4.5	7:41	5.1	12:58	-0.1	1:13	-0.1	6:06	7:53	
3	Wed	8:05	4.5	8:28	5.4	1:48	-0.3	1:58	-0.3	6:05	7:54	
4	Thu	8:52	4.5	9:16	5.6	2:37	-0.4	2:43	-0.4	6:04	7:55	
5	Fri	9:41	4.4	10:05	5.7	3:26	-0.5	3:29	-0.4	6:03	7:56	
6	Sat	10:30	4.2	10:56	5.6	4:17	-0.5	4:18	-0.4	6:02	7:57	
7	Sun	11:22	4.1	11:49	5.4	5:11	-0.4	5:11	-0.3	6:01	7:58	
8	Mon			12:16	3.8	6:08	-0.2	6:08	-0.1	6:00	7:59	
9	Tue	12:45	5.1	1:15	3.7	7:08	0.0	7:10	0.0	5:59	7:59	
10	Wed	1:46	4.8	2:19	3.6	8:09	0.1	8:15	0.2	5:58	8:00	
11	Thu	2:50	4.5	3:28	3.6	9:10	0.1	9:22	0.2	5:57	8:01	
12	Fri	3:57	4.2	4:35	3.8	10:10	0.1	10:29	0.2	5:56	8:02	
13	Sat	4:59	4.1	5:33	4.0	11:05	0.1	11:32	0.1	5:55	8:03	
14	Sun	5:54	4.0	6:23	4.3	11:55	0.0			5:54	8:04	
15	Mon	6:42	3.9	7:07	4.5	12:29	0.0	12:39	0.0	5:53	8:05	
16	Tue	7:26	3.9	7:48	4.7	1:19	0.0	1:20	-0.1	5:52	8:06	
17	Wed	8:08	3.8	8:29	4.8	2:03	-0.1	1:58	-0.1	5:52	8:06	
18	Thu	8:49	3.7	9:09	4.8	2:44	-0.1	2:36	0.0	5:51	8:07	
19	Fri	9:30	3.7	9:49	4.8	3:23	0.0	3:14	0.1	5:50	8:08	
20	Sat	10:11	3.6	10:30	4.7	4:02	0.1	3:52	0.2	5:49	8:09	
21	Sun	10:52	3.5	11:12	4.6	4:43	0.2	4:33	0.3	5:49	8:10	
22	Mon	11:34	3.4	11:55	4.4	5:25	0.4	5:15	0.5	5:48	8:10	
23	Tue			12:18	3.3	6:09	0.5	6:02	0.6	5:48	8:11	
24	Wed	12:40	4.3	1:05	3.3	6:56	0.6	6:52	0.7	5:47	8:12	
25	Thu	1:27	4.1	1:57	3.3	7:44	0.7	7:46	0.8	5:46	8:13	
26	Fri	2:19	4.0	2:52	3.4	8:32	0.7	8:42	0.8	5:46	8:13	
27	Sat	3:14	4.0	3:48	3.7	9:21	0.6	9:40	0.7	5:45	8:14	
28	Sun	4:09	4.0	4:43	4.1	10:10	0.4	10:39	0.5	5:45	8:15	
29	Mon	5:02	4.1	5:34	4.5	11:00	0.2	11:36	0.3	5:44	8:16	
30	Tue	5:54	4.2	6:24	5.0	11:49	0.0			5:44	8:16	
31	Wed	6:45	4.2	7:14	5.4	12:32	0.0	12:39	-0.2	5:44	8:17	