
































## Sand Shoal Inlet, VA - Jun 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:36	4.3	8:04	5.7	1:26	-0.3	1:28	-0.4	5:43	8:18	
2	Fri	8:27	4.3	8:55	5.8	2:18	-0.4	2:17	-0.5	5:43	8:18	
3	Sat	9:19	4.2	9:48	5.9	3:10	-0.5	3:08	-0.6	5:43	8:19	
4	Sun	10:12	4.2	10:41	5.8	4:03	-0.5	4:00	-0.6	5:42	8:20	
5	Mon	11:06	4.1	11:35	5.5	4:57	-0.4	4:55	-0.4	5:42	8:20	
6	Tue			12:02	3.9	5:53	-0.3	5:54	-0.2	5:42	8:21	
7	Wed	12:30	5.1	1:00	3.8	6:51	-0.2	6:55	0.0	5:42	8:21	
8	Thu	1:27	4.7	2:03	3.8	7:48	-0.1	8:00	0.1	5:42	8:22	
9	Fri	2:27	4.3	3:08	3.8	8:45	0.0	9:05	0.3	5:42	8:22	
10	Sat	3:29	4.0	4:13	3.9	9:40	0.1	10:11	0.3	5:41	8:23	
11	Sun	4:30	3.8	5:10	4.1	10:32	0.1	11:14	0.3	5:41	8:23	
12	Mon	5:24	3.6	5:59	4.3	11:20	0.1			5:41	8:24	
13	Tue	6:13	3.5	6:43	4.5	12:12	0.3	12:06	0.1	5:41	8:24	
14	Wed	6:57	3.5	7:24	4.6	1:01	0.2	12:48	0.1	5:41	8:25	
15	Thu	7:39	3.5	8:04	4.7	1:44	0.2	1:28	0.1	5:41	8:25	
16	Fri	8:21	3.5	8:45	4.8	2:23	0.1	2:08	0.1	5:42	8:25	
17	Sat	9:03	3.5	9:26	4.8	3:01	0.2	2:46	0.1	5:42	8:26	
18	Sun	9:44	3.5	10:07	4.7	3:39	0.2	3:26	0.2	5:42	8:26	
19	Mon	10:26	3.5	10:48	4.7	4:18	0.3	4:06	0.3	5:42	8:26	
20	Tue	11:08	3.5	11:28	4.6	4:58	0.4	4:48	0.4	5:42	8:26	
21	Wed	11:50	3.5			5:39	0.5	5:33	0.5	5:42	8:27	
22	Thu	12:10	4.4	12:35	3.5	6:22	0.5	6:21	0.6	5:43	8:27	
23	Fri	12:53	4.3	1:22	3.6	7:07	0.5	7:13	0.7	5:43	8:27	
24	Sat	1:40	4.1	2:14	3.7	7:53	0.5	8:09	0.7	5:43	8:27	
25	Sun	2:31	4.0	3:10	4.0	8:40	0.4	9:08	0.6	5:44	8:27	
26	Mon	3:27	3.9	4:06	4.3	9:30	0.3	10:08	0.5	5:44	8:27	
27	Tue	4:24	3.9	5:02	4.7	10:22	0.1	11:09	0.3	5:44	8:27	
28	Wed	5:21	3.9	5:57	5.1	11:15	-0.1			5:45	8:27	
29	Thu	6:16	4.0	6:50	5.5	12:09	0.1	12:09	-0.3	5:45	8:27	
30	Fri	7:11	4.1	7:44	5.8	1:06	-0.2	1:04	-0.5	5:46	8:27	