

































## Sand Shoal Inlet, VA - Jul 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:05	4.2	8:38	5.9	2:01	-0.4	1:57	-0.6	5:46	8:27	
2	Sun	9:00	4.2	9:32	5.9	2:54	-0.5	2:50	-0.7	5:46	8:27	
3	Mon	9:55	4.2	10:25	5.7	3:46	-0.5	3:44	-0.7	5:47	8:27	
4	Tue	10:49	4.2	11:18	5.5	4:39	-0.5	4:39	-0.6	5:47	8:27	
5	Wed	11:44	4.2			5:32	-0.4	5:37	-0.3	5:48	8:27	
6	Thu	12:10	5.1	12:40	4.1	6:26	-0.3	6:37	-0.1	5:49	8:26	
7	Fri	1:03	4.6	1:38	4.0	7:19	-0.1	7:39	0.1	5:49	8:26	
8	Sat	1:58	4.2	2:38	4.0	8:12	0.0	8:42	0.3	5:50	8:26	
9	Sun	2:56	3.8	3:40	4.0	9:04	0.1	9:46	0.5	5:50	8:25	
10	Mon	3:54	3.5	4:39	4.1	9:54	0.2	10:49	0.5	5:51	8:25	
11	Tue	4:51	3.3	5:30	4.2	10:44	0.3	11:48	0.5	5:52	8:25	
12	Wed	5:42	3.3	6:16	4.4	11:32	0.3			5:52	8:24	
13	Thu	6:28	3.3	6:59	4.5	12:39	0.5	12:18	0.3	5:53	8:24	
14	Fri	7:12	3.4	7:41	4.6	1:22	0.4	1:01	0.2	5:54	8:23	
15	Sat	7:55	3.5	8:22	4.7	2:00	0.4	1:42	0.2	5:54	8:23	
16	Sun	8:37	3.6	9:03	4.8	2:37	0.3	2:23	0.2	5:55	8:22	
17	Mon	9:19	3.6	9:43	4.8	3:13	0.3	3:02	0.2	5:56	8:22	
18	Tue	10:00	3.7	10:23	4.8	3:50	0.3	3:42	0.2	5:57	8:21	
19	Wed	10:41	3.8	11:02	4.7	4:28	0.3	4:24	0.3	5:57	8:21	
20	Thu	11:22	3.8	11:41	4.6	5:07	0.4	5:07	0.4	5:58	8:20	
21	Fri			12:04	3.9	5:47	0.4	5:54	0.5	5:59	8:19	
22	Sat	12:22	4.4	12:50	4.0	6:30	0.4	6:45	0.6	6:00	8:19	
23	Sun	1:06	4.2	1:39	4.1	7:15	0.4	7:41	0.6	6:00	8:18	
24	Mon	1:56	4.0	2:35	4.3	8:03	0.4	8:41	0.6	6:01	8:17	
25	Tue	2:52	3.8	3:34	4.6	8:55	0.3	9:43	0.5	6:02	8:16	
26	Wed	3:53	3.8	4:35	4.9	9:50	0.2	10:46	0.4	6:03	8:16	
27	Thu	4:54	3.8	5:34	5.2	10:48	0.0	11:49	0.2	6:04	8:15	
28	Fri	5:54	3.9	6:32	5.5	11:47	-0.2			6:04	8:14	
29	Sat	6:51	4.0	7:27	5.7	12:48	-0.1	12:45	-0.5	6:05	8:13	
30	Sun	7:47	4.2	8:22	5.8	1:44	-0.3	1:41	-0.6	6:06	8:12	
31	Mon	8:42	4.4	9:15	5.8	2:36	-0.4	2:36	-0.7	6:07	8:11	