



Sand Shoal Inlet, VA - Aug 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:36	4.5	10:06	5.6	3:26	-0.5	3:29	-0.7	6:08	8:10	☀
2	Wed	10:29	4.5	10:56	5.3	4:16	-0.5	4:23	-0.5	6:08	8:09	☀
3	Thu	11:21	4.5	11:45	4.9	5:05	-0.4	5:18	-0.3	6:09	8:08	☀
4	Fri			12:13	4.4	5:54	-0.2	6:14	0.0	6:10	8:07	☀
5	Sat	12:34	4.5	1:06	4.3	6:43	0.0	7:13	0.2	6:11	8:06	☀
6	Sun	1:25	4.0	2:01	4.2	7:33	0.2	8:13	0.5	6:12	8:05	☀
7	Mon	2:18	3.6	3:00	4.1	8:24	0.3	9:14	0.7	6:13	8:04	☀
8	Tue	3:16	3.3	4:00	4.1	9:15	0.5	10:17	0.8	6:13	8:03	☀
9	Wed	4:15	3.2	4:56	4.2	10:06	0.5	11:17	0.8	6:14	8:02	☀
10	Thu	5:10	3.2	5:47	4.3	10:58	0.6			6:15	8:01	☀
11	Fri	6:00	3.3	6:33	4.5	12:09	0.7	11:48 AM	0.5	6:16	7:59	☀
12	Sat	6:45	3.5	7:16	4.6	12:53	0.7	12:35	0.4	6:17	7:58	☀
13	Sun	7:28	3.6	7:57	4.8	1:31	0.6	1:18	0.3	6:18	7:57	☀
14	Mon	8:10	3.8	8:37	4.9	2:08	0.5	1:59	0.2	6:19	7:56	☀
15	Tue	8:52	4.0	9:17	4.9	2:43	0.4	2:40	0.2	6:19	7:55	☀
16	Wed	9:33	4.1	9:55	4.9	3:19	0.3	3:20	0.2	6:20	7:53	☀
17	Thu	10:13	4.3	10:34	4.8	3:56	0.3	4:01	0.2	6:21	7:52	☀
18	Fri	10:53	4.4	11:13	4.7	4:33	0.3	4:44	0.3	6:22	7:51	☀
19	Sat	11:35	4.4	11:53	4.5	5:12	0.3	5:31	0.4	6:23	7:49	☀
20	Sun			12:20	4.5	5:55	0.4	6:23	0.5	6:24	7:48	☀
21	Mon	12:38	4.2	1:10	4.6	6:41	0.4	7:19	0.6	6:24	7:47	☀
22	Tue	1:28	4.0	2:06	4.7	7:32	0.4	8:20	0.7	6:25	7:45	☀
23	Wed	2:26	3.8	3:09	4.8	8:27	0.4	9:24	0.6	6:26	7:44	☀
24	Thu	3:30	3.7	4:14	5.0	9:27	0.3	10:29	0.5	6:27	7:43	☀
25	Fri	4:36	3.8	5:17	5.2	10:29	0.1	11:33	0.3	6:28	7:41	☀
26	Sat	5:38	3.9	6:16	5.4	11:32	-0.1			6:29	7:40	☀
27	Sun	6:37	4.2	7:12	5.6	12:32	0.1	12:32	-0.3	6:29	7:39	☀
28	Mon	7:32	4.4	8:05	5.6	1:26	-0.1	1:29	-0.5	6:30	7:37	☀
29	Tue	8:25	4.7	8:55	5.6	2:16	-0.3	2:22	-0.6	6:31	7:36	☀
30	Wed	9:16	4.8	9:44	5.4	3:02	-0.4	3:14	-0.6	6:32	7:34	☀
31	Thu	10:06	4.9	10:31	5.1	3:48	-0.4	4:05	-0.4	6:33	7:33	☀