
































Sand Shoal Inlet, VA - Nov 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	11:09	4.6	11:31	3.4	4:31	0.5	5:28	0.7	6:28	5:05	
2	Thu	11:58	4.3			5:19	0.7	6:19	0.9	6:29	5:04	
3	Fri	12:22	3.2	12:50	4.2	6:11	0.9	7:12	0.9	6:30	5:03	
4	Sat	1:18	3.2	1:47	4.1	7:07	1.0	8:04	1.0	6:31	5:02	
5	Sun	2:18	3.3	2:44	4.1	8:04	1.0	8:54	0.9	6:32	5:01	
6	Mon	3:16	3.5	3:38	4.1	9:01	0.9	9:41	0.7	6:33	5:00	
7	Tue	4:07	3.9	4:27	4.3	9:56	0.7	10:27	0.5	6:34	4:59	
8	Wed	4:54	4.3	5:13	4.4	10:49	0.5	11:10	0.3	6:35	4:58	
9	Thu	5:39	4.7	5:57	4.5	11:38	0.3	11:53	0.1	6:36	4:57	
10	Fri	6:22	5.0	6:41	4.5			12:26	0.1	6:37	4:56	
11	Sat	7:07	5.4	7:27	4.5	12:35	-0.1	1:14	-0.1	6:38	4:55	
12	Sun	7:53	5.6	8:13	4.4	1:18	-0.3	2:01	-0.2	6:39	4:54	
13	Mon	8:40	5.7	9:01	4.3	2:03	-0.3	2:51	-0.2	6:40	4:54	
14	Tue	9:29	5.7	9:51	4.1	2:49	-0.3	3:42	-0.2	6:41	4:53	
15	Wed	10:21	5.6	10:44	3.9	3:40	-0.2	4:38	0.0	6:42	4:52	
16	Thu	11:15	5.3	11:41	3.8	4:35	-0.1	5:36	0.1	6:43	4:52	
17	Fri			12:13	5.0	5:35	0.1	6:37	0.2	6:44	4:51	
18	Sat	12:43	3.6	1:16	4.7	6:39	0.2	7:38	0.2	6:46	4:50	
19	Sun	1:51	3.7	2:21	4.5	7:46	0.2	8:38	0.1	6:47	4:50	
20	Mon	3:01	3.8	3:25	4.3	8:54	0.2	9:35	0.1	6:48	4:49	
21	Tue	4:04	4.1	4:24	4.2	10:00	0.2	10:27	0.0	6:49	4:49	
22	Wed	4:58	4.3	5:15	4.1	11:01	0.1	11:15	-0.1	6:50	4:48	
23	Thu	5:46	4.6	6:01	4.0	11:55	0.0	11:58	-0.2	6:51	4:48	
24	Fri	6:30	4.8	6:45	3.9			12:43	-0.1	6:52	4:47	
25	Sat	7:12	4.9	7:28	3.8	12:39	-0.2	1:26	-0.1	6:53	4:47	
26	Sun	7:53	4.9	8:09	3.7	1:19	-0.2	2:07	-0.1	6:54	4:47	
27	Mon	8:34	4.9	8:51	3.6	1:57	-0.1	2:48	0.0	6:55	4:46	
28	Tue	9:16	4.8	9:33	3.5	2:36	0.0	3:29	0.2	6:56	4:46	
29	Wed	9:58	4.6	10:16	3.3	3:17	0.1	4:11	0.3	6:57	4:46	
30	Thu	10:41	4.5	11:00	3.2	3:59	0.3	4:55	0.5	6:58	4:45	