
































Sand Shoal Inlet, VA - Jul 2001

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:20	3.5	5:58	4.6	11:13	0.0			5:46	8:27	
2	Mon	6:12	3.4	6:46	4.7	12:16	0.2	12:03	0.0	5:46	8:27	
3	Tue	7:01	3.4	7:31	4.8	1:09	0.2	12:50	0.0	5:47	8:27	
4	Wed	7:46	3.4	8:15	4.9	1:54	0.1	1:35	0.0	5:47	8:27	
5	Thu	8:30	3.4	8:57	4.9	2:36	0.1	2:17	0.0	5:48	8:27	
6	Fri	9:13	3.5	9:39	4.8	3:15	0.1	2:58	0.0	5:48	8:26	
7	Sat	9:55	3.5	10:20	4.7	3:53	0.2	3:39	0.1	5:49	8:26	
8	Sun	10:38	3.5	11:01	4.6	4:32	0.3	4:21	0.2	5:50	8:26	
9	Mon	11:20	3.5	11:41	4.4	5:11	0.4	5:04	0.4	5:50	8:26	
10	Tue			12:03	3.6	5:51	0.5	5:49	0.5	5:51	8:25	
11	Wed	12:22	4.2	12:47	3.6	6:32	0.5	6:38	0.7	5:51	8:25	
12	Thu	1:05	4.0	1:35	3.7	7:14	0.6	7:29	0.8	5:52	8:24	
13	Fri	1:51	3.8	2:26	3.8	7:57	0.6	8:24	0.8	5:53	8:24	
14	Sat	2:41	3.7	3:20	4.0	8:43	0.6	9:21	0.8	5:53	8:24	
15	Sun	3:35	3.6	4:15	4.3	9:31	0.5	10:20	0.7	5:54	8:23	
16	Mon	4:31	3.6	5:09	4.7	10:23	0.3	11:19	0.5	5:55	8:22	
17	Tue	5:27	3.6	6:03	5.0	11:16	0.2			5:56	8:22	
18	Wed	6:21	3.8	6:55	5.4	12:16	0.3	12:11	-0.1	5:56	8:21	
19	Thu	7:14	3.9	7:48	5.7	1:11	0.1	1:05	-0.3	5:57	8:21	
20	Fri	8:07	4.1	8:40	5.8	2:04	-0.2	1:58	-0.5	5:58	8:20	
21	Sat	9:01	4.2	9:33	5.8	2:54	-0.3	2:51	-0.6	5:59	8:19	
22	Sun	9:54	4.4	10:24	5.7	3:45	-0.4	3:45	-0.6	5:59	8:19	
23	Mon	10:48	4.4	11:16	5.5	4:35	-0.4	4:40	-0.5	6:00	8:18	
24	Tue	11:42	4.5			5:26	-0.4	5:38	-0.3	6:01	8:17	
25	Wed	12:07	5.1	12:37	4.5	6:18	-0.3	6:38	-0.1	6:02	8:17	
26	Thu	1:00	4.6	1:35	4.4	7:11	-0.2	7:41	0.1	6:03	8:16	
27	Fri	1:55	4.1	2:36	4.4	8:04	0.0	8:46	0.3	6:03	8:15	
28	Sat	2:54	3.7	3:40	4.4	8:57	0.1	9:53	0.4	6:04	8:14	
29	Sun	3:56	3.4	4:42	4.4	9:52	0.2	10:59	0.5	6:05	8:13	
30	Mon	4:57	3.3	5:38	4.5	10:46	0.2			6:06	8:12	
31	Tue	5:52	3.2	6:28	4.6	12:01	0.5	11:39 AM	0.2	6:07	8:11	