
































Sand Shoal Inlet, VA - Aug 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:03	4.3	11:25	5.0	4:48	0.1	4:53	0.0	6:07	8:11	
2	Sat	11:51	4.4			5:32	0.1	5:47	0.1	6:08	8:10	
3	Sun	12:11	4.7	12:41	4.5	6:18	0.1	6:45	0.3	6:09	8:09	
4	Mon	1:00	4.3	1:36	4.6	7:07	0.1	7:46	0.4	6:10	8:08	
5	Tue	1:54	4.0	2:36	4.7	7:59	0.1	8:51	0.5	6:10	8:07	
6	Wed	2:55	3.7	3:41	4.8	8:55	0.1	9:58	0.5	6:11	8:06	
7	Thu	4:00	3.5	4:45	4.9	9:54	0.1	11:05	0.4	6:12	8:05	
8	Fri	5:04	3.4	5:47	5.1	10:55	0.0			6:13	8:04	
9	Sat	6:05	3.5	6:45	5.2	12:10	0.3	11:55 AM	-0.1	6:14	8:03	
10	Sun	7:01	3.6	7:38	5.3	1:07	0.2	12:53	-0.2	6:15	8:01	
11	Mon	7:54	3.8	8:28	5.3	1:58	0.1	1:46	-0.3	6:15	8:00	
12	Tue	8:43	3.9	9:14	5.2	2:43	0.0	2:35	-0.3	6:16	7:59	
13	Wed	9:30	4.0	9:58	5.0	3:25	0.0	3:22	-0.2	6:17	7:58	
14	Thu	10:15	4.1	10:39	4.8	4:05	0.0	4:08	-0.1	6:18	7:57	
15	Fri	10:58	4.2	11:20	4.5	4:44	0.1	4:53	0.1	6:19	7:55	
16	Sat	11:41	4.2			5:23	0.3	5:40	0.4	6:20	7:54	
17	Sun	12:00	4.1	12:25	4.1	6:02	0.4	6:29	0.6	6:20	7:53	
18	Mon	12:42	3.8	1:11	4.1	6:42	0.6	7:20	0.8	6:21	7:52	
19	Tue	1:27	3.5	2:01	4.0	7:25	0.7	8:14	1.0	6:22	7:50	
20	Wed	2:17	3.3	2:56	4.0	8:12	0.8	9:10	1.1	6:23	7:49	
21	Thu	3:14	3.1	3:55	4.1	9:03	0.9	10:09	1.1	6:24	7:48	
22	Fri	4:13	3.1	4:53	4.3	9:57	0.9	11:06	1.0	6:25	7:46	
23	Sat	5:09	3.3	5:46	4.5	10:52	0.7			6:25	7:45	
24	Sun	6:01	3.5	6:35	4.8	12:00	0.9	11:46 AM	0.6	6:26	7:44	
25	Mon	6:49	3.7	7:21	5.1	12:47	0.7	12:37	0.3	6:27	7:42	
26	Tue	7:35	4.0	8:05	5.3	1:31	0.5	1:25	0.1	6:28	7:41	
27	Wed	8:21	4.3	8:49	5.4	2:12	0.3	2:12	-0.1	6:29	7:40	
28	Thu	9:07	4.6	9:33	5.4	2:53	0.1	2:59	-0.2	6:30	7:38	
29	Fri	9:53	4.8	10:17	5.2	3:34	0.0	3:47	-0.2	6:30	7:37	
30	Sat	10:40	5.0	11:02	5.0	4:17	-0.1	4:38	-0.1	6:31	7:35	
31	Sun	11:28	5.1	11:49	4.6	5:01	-0.1	5:32	0.0	6:32	7:34	