
































Sand Shoal Inlet, VA - Nov 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:10	3.4	1:50	4.6	7:04	0.4	8:18	0.5	6:27	5:05	
2	Sun	2:25	3.4	3:00	4.4	8:13	0.5	9:20	0.5	6:28	5:04	
3	Mon	3:36	3.5	4:02	4.3	9:20	0.5	10:13	0.4	6:29	5:03	
4	Tue	4:33	3.8	4:52	4.2	10:23	0.5	10:58	0.4	6:30	5:02	
5	Wed	5:19	4.1	5:35	4.1	11:17	0.4	11:36	0.3	6:31	5:01	
6	Thu	5:58	4.3	6:13	4.0			12:03	0.3	6:32	5:00	
7	Fri	6:35	4.6	6:50	4.0	12:10	0.2	12:44	0.2	6:33	4:59	
8	Sat	7:12	4.7	7:28	3.9	12:43	0.2	1:22	0.2	6:34	4:58	
9	Sun	7:49	4.8	8:06	3.8	1:17	0.2	2:00	0.3	6:35	4:58	
10	Mon	8:28	4.9	8:45	3.7	1:51	0.2	2:37	0.3	6:36	4:57	
11	Tue	9:07	4.8	9:25	3.6	2:27	0.3	3:17	0.4	6:37	4:56	
12	Wed	9:48	4.7	10:05	3.4	3:04	0.4	3:59	0.6	6:38	4:55	
13	Thu	10:30	4.6	10:48	3.3	3:44	0.6	4:44	0.7	6:40	4:54	
14	Fri	11:14	4.5	11:34	3.2	4:28	0.7	5:33	0.8	6:41	4:54	
15	Sat			12:03	4.4	5:18	0.8	6:25	0.9	6:42	4:53	
16	Sun	12:26	3.2	12:56	4.3	6:14	0.8	7:18	0.8	6:43	4:52	
17	Mon	1:26	3.3	1:54	4.3	7:15	0.8	8:10	0.7	6:44	4:51	
18	Tue	2:28	3.5	2:52	4.3	8:17	0.7	9:01	0.5	6:45	4:51	
19	Wed	3:27	3.9	3:49	4.4	9:19	0.5	9:52	0.2	6:46	4:50	
20	Thu	4:22	4.5	4:42	4.4	10:20	0.2	10:41	-0.1	6:47	4:50	
21	Fri	5:13	5.0	5:34	4.5	11:19	-0.1	11:30	-0.3	6:48	4:49	
22	Sat	6:04	5.4	6:25	4.4			12:15	-0.3	6:49	4:49	
23	Sun	6:55	5.8	7:16	4.3	12:19	-0.6	1:09	-0.5	6:50	4:48	
24	Mon	7:46	5.9	8:07	4.2	1:07	-0.7	2:02	-0.5	6:51	4:48	
25	Tue	8:39	5.9	9:00	4.0	1:56	-0.7	2:55	-0.5	6:52	4:47	
26	Wed	9:32	5.8	9:53	3.8	2:47	-0.6	3:50	-0.3	6:53	4:47	
27	Thu	10:26	5.5	10:48	3.6	3:41	-0.5	4:47	-0.1	6:54	4:46	
28	Fri	11:21	5.1	11:46	3.4	4:38	-0.2	5:47	0.1	6:55	4:46	
29	Sat			12:19	4.6	5:39	0.0	6:47	0.2	6:56	4:46	
30	Sun	12:48	3.3	1:20	4.2	6:43	0.2	7:45	0.3	6:57	4:46	