

































Sand Shoal Inlet, VA - Mar 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:36	3.6	3:51	2.7	9:49	0.8	9:37	0.5	6:33	5:57	
2	Tue	4:33	3.8	4:45	2.9	10:46	0.7	10:33	0.3	6:31	5:58	
3	Wed	5:24	4.1	5:34	3.2	11:34	0.5	11:24	0.1	6:30	5:59	
4	Thu	6:09	4.3	6:19	3.5			12:16	0.3	6:29	6:00	
5	Fri	6:52	4.5	7:03	3.8	12:11	-0.1	12:55	0.1	6:27	6:01	
6	Sat	7:33	4.7	7:46	4.1	12:57	-0.3	1:33	-0.1	6:26	6:02	
7	Sun	8:14	4.7	8:30	4.4	1:41	-0.5	2:12	-0.2	6:24	6:03	
8	Mon	8:56	4.7	9:13	4.6	2:26	-0.5	2:51	-0.3	6:23	6:04	
9	Tue	9:38	4.5	9:58	4.7	3:13	-0.5	3:32	-0.3	6:21	6:05	
10	Wed	10:22	4.2	10:46	4.8	4:03	-0.4	4:15	-0.3	6:20	6:06	
11	Thu	11:08	3.8	11:37	4.7	4:57	-0.2	5:04	-0.2	6:19	6:06	
12	Fri			12:00	3.5	5:55	0.0	5:57	-0.1	6:17	6:07	
13	Sat	12:35	4.5	12:58	3.2	6:58	0.2	6:57	0.0	6:16	6:08	
14	Sun	1:41	4.4	2:06	3.0	8:06	0.3	8:02	0.1	6:14	6:09	
15	Mon	2:54	4.3	3:18	3.0	9:16	0.3	9:10	0.0	6:13	6:10	
16	Tue	4:05	4.4	4:27	3.2	10:24	0.2	10:18	-0.1	6:11	6:11	
17	Wed	5:08	4.4	5:26	3.4	11:24	0.1	11:20	-0.3	6:10	6:12	
18	Thu	6:02	4.5	6:17	3.7			12:13	-0.1	6:08	6:13	
19	Fri	6:50	4.5	7:04	4.0	12:15	-0.4	12:55	-0.2	6:07	6:14	
20	Sat	7:33	4.5	7:47	4.2	1:04	-0.5	1:34	-0.3	6:05	6:15	
21	Sun	8:14	4.3	8:29	4.4	1:49	-0.5	2:10	-0.3	6:04	6:16	
22	Mon	8:53	4.2	9:09	4.4	2:32	-0.5	2:46	-0.2	6:02	6:17	
23	Tue	9:32	3.9	9:49	4.4	3:14	-0.3	3:21	-0.1	6:01	6:17	
24	Wed	10:10	3.7	10:29	4.3	3:56	-0.1	3:58	0.1	5:59	6:18	
25	Thu	10:50	3.4	11:11	4.1	4:39	0.2	4:37	0.3	5:58	6:19	
26	Fri	11:32	3.1	11:57	3.9	5:25	0.4	5:20	0.5	5:56	6:20	
27	Sat			12:18	2.9	6:15	0.6	6:08	0.6	5:55	6:21	
28	Sun	12:49	3.8	1:11	2.8	7:09	0.8	7:02	0.7	5:53	6:22	
29	Mon	1:49	3.7	2:11	2.8	8:06	0.9	8:00	0.7	5:52	6:23	
30	Tue	2:53	3.7	3:14	2.9	9:04	0.9	9:00	0.6	5:50	6:24	
31	Wed	3:52	3.9	4:10	3.2	10:00	0.8	9:58	0.5	5:49	6:25	