

































## Sand Shoal Inlet, VA - May 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:51	4.3	6:15	4.4	11:49	0.2			6:07	7:52	
2	Sun	6:39	4.4	7:03	4.9	12:17	0.1	12:35	0.0	6:06	7:53	
3	Mon	7:27	4.4	7:50	5.3	1:10	-0.2	1:20	-0.2	6:05	7:54	
4	Tue	8:15	4.4	8:39	5.6	2:01	-0.4	2:05	-0.4	6:04	7:55	
5	Wed	9:04	4.3	9:29	5.8	2:52	-0.5	2:51	-0.5	6:03	7:56	
6	Thu	9:54	4.1	10:20	5.7	3:44	-0.5	3:39	-0.5	6:02	7:57	
7	Fri	10:45	3.9	11:13	5.6	4:37	-0.4	4:31	-0.4	6:00	7:58	
8	Sat	11:39	3.7			5:34	-0.2	5:26	-0.2	5:59	7:59	
9	Sun	12:09	5.3	12:36	3.5	6:33	0.0	6:27	0.0	5:59	8:00	
10	Mon	1:08	4.9	1:38	3.4	7:36	0.1	7:32	0.2	5:58	8:00	
11	Tue	2:12	4.5	2:47	3.4	8:38	0.2	8:40	0.3	5:57	8:01	
12	Wed	3:20	4.2	3:58	3.5	9:38	0.3	9:48	0.3	5:56	8:02	
13	Thu	4:25	4.0	5:01	3.7	10:34	0.3	10:55	0.3	5:55	8:03	
14	Fri	5:22	3.9	5:53	4.0	11:23	0.2	11:55	0.2	5:54	8:04	
15	Sat	6:11	3.8	6:37	4.3			12:07	0.2	5:53	8:05	
16	Sun	6:54	3.7	7:16	4.5	12:47	0.2	12:46	0.1	5:52	8:06	
17	Mon	7:34	3.6	7:55	4.7	1:32	0.1	1:23	0.1	5:52	8:06	
18	Tue	8:14	3.6	8:34	4.8	2:13	0.1	1:59	0.1	5:51	8:07	
19	Wed	8:53	3.5	9:13	4.8	2:51	0.1	2:36	0.2	5:50	8:08	
20	Thu	9:33	3.4	9:53	4.7	3:29	0.2	3:13	0.2	5:49	8:09	
21	Fri	10:14	3.4	10:34	4.7	4:07	0.3	3:51	0.3	5:49	8:10	
22	Sat	10:55	3.3	11:16	4.5	4:48	0.4	4:32	0.4	5:48	8:10	
23	Sun	11:37	3.2			5:31	0.5	5:15	0.6	5:48	8:11	
24	Mon	12:00	4.4	12:21	3.2	6:16	0.7	6:02	0.7	5:47	8:12	
25	Tue	12:45	4.3	1:09	3.2	7:03	0.7	6:55	0.7	5:46	8:13	
26	Wed	1:34	4.1	2:02	3.3	7:52	0.7	7:51	0.8	5:46	8:14	
27	Thu	2:26	4.1	2:59	3.5	8:40	0.7	8:50	0.7	5:45	8:14	
28	Fri	3:21	4.0	3:56	3.8	9:28	0.5	9:51	0.6	5:45	8:15	
29	Sat	4:17	4.0	4:51	4.3	10:17	0.3	10:51	0.4	5:44	8:16	
30	Sun	5:11	4.0	5:43	4.8	11:07	0.1	11:51	0.1	5:44	8:16	
31	Mon	6:04	4.1	6:35	5.2	11:57	-0.1			5:44	8:17	