
































Sand Shoal Inlet, VA - Jul 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:27	3.8	8:02	5.8	1:28	-0.2	1:17	-0.5	5:46	8:27	
2	Fri	8:23	3.9	8:57	5.8	2:23	-0.3	2:12	-0.6	5:47	8:27	
3	Sat	9:18	3.9	9:52	5.7	3:16	-0.4	3:06	-0.6	5:47	8:27	
4	Sun	10:13	4.0	10:44	5.5	4:08	-0.4	4:01	-0.6	5:48	8:27	
5	Mon	11:07	4.0	11:36	5.2	5:00	-0.3	4:57	-0.4	5:48	8:27	
6	Tue			12:01	3.9	5:52	-0.2	5:55	-0.1	5:49	8:26	
7	Wed	12:27	4.7	12:56	3.9	6:43	-0.1	6:55	0.1	5:49	8:26	
8	Thu	1:18	4.3	1:53	3.9	7:33	0.1	7:56	0.4	5:50	8:26	
9	Fri	2:10	3.8	2:51	3.9	8:21	0.2	8:58	0.5	5:50	8:25	
10	Sat	3:05	3.5	3:50	4.0	9:08	0.3	10:01	0.6	5:51	8:25	
11	Sun	4:02	3.2	4:45	4.1	9:56	0.4	11:02	0.7	5:52	8:25	
12	Mon	4:56	3.1	5:34	4.2	10:43	0.5	11:59	0.7	5:52	8:24	
13	Tue	5:46	3.1	6:20	4.4	11:31	0.5			5:53	8:24	
14	Wed	6:33	3.1	7:04	4.5	12:47	0.6	12:17	0.4	5:54	8:23	
15	Thu	7:17	3.2	7:47	4.7	1:29	0.6	1:02	0.3	5:54	8:23	
16	Fri	8:00	3.3	8:29	4.8	2:07	0.5	1:44	0.3	5:55	8:22	
17	Sat	8:42	3.4	9:10	4.8	2:44	0.4	2:25	0.2	5:56	8:22	
18	Sun	9:24	3.5	9:50	4.9	3:21	0.4	3:06	0.2	5:57	8:21	
19	Mon	10:06	3.6	10:30	4.8	3:58	0.4	3:47	0.2	5:57	8:21	
20	Tue	10:47	3.7	11:08	4.7	4:36	0.4	4:29	0.3	5:58	8:20	
21	Wed	11:29	3.8	11:48	4.6	5:14	0.4	5:15	0.4	5:59	8:19	
22	Thu			12:12	4.0	5:55	0.4	6:05	0.5	6:00	8:19	
23	Fri	12:29	4.3	12:59	4.1	6:37	0.4	6:59	0.6	6:00	8:18	
24	Sat	1:15	4.1	1:51	4.3	7:22	0.3	7:58	0.6	6:01	8:17	
25	Sun	2:07	3.8	2:49	4.5	8:11	0.3	9:01	0.6	6:02	8:16	
26	Mon	3:06	3.6	3:51	4.8	9:05	0.2	10:06	0.5	6:03	8:16	
27	Tue	4:09	3.5	4:54	5.0	10:03	0.1	11:12	0.4	6:04	8:15	
28	Wed	5:12	3.5	5:55	5.3	11:03	0.0			6:04	8:14	
29	Thu	6:13	3.6	6:53	5.5	12:16	0.2	12:04	-0.2	6:05	8:13	
30	Fri	7:11	3.8	7:49	5.7	1:14	0.0	1:03	-0.4	6:06	8:12	
31	Sat	8:07	4.0	8:43	5.7	2:08	-0.2	1:59	-0.6	6:07	8:11	