
































Sand Shoal Inlet, VA - Nov 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:27	4.7	10:45	3.3	3:44	0.5	4:44	0.7	6:28	5:05	
2	Tue	11:13	4.5	11:31	3.2	4:27	0.7	5:33	0.9	6:29	5:04	
3	Wed			12:02	4.3	5:16	0.8	6:25	1.0	6:30	5:03	
4	Thu	12:23	3.1	12:56	4.1	6:10	1.0	7:18	1.1	6:31	5:02	
5	Fri	1:21	3.1	1:53	4.1	7:08	1.0	8:10	1.0	6:32	5:01	
6	Sat	2:22	3.2	2:50	4.1	8:07	1.0	8:59	0.9	6:33	5:00	
7	Sun	3:20	3.5	3:43	4.2	9:05	0.8	9:45	0.7	6:34	4:59	
8	Mon	4:11	3.9	4:31	4.3	10:02	0.6	10:30	0.4	6:35	4:58	
9	Tue	4:58	4.4	5:17	4.4	10:56	0.4	11:13	0.2	6:36	4:57	
10	Wed	5:44	4.9	6:03	4.4	11:48	0.1	11:56	0.0	6:37	4:56	
11	Thu	6:29	5.3	6:49	4.4			12:38	-0.1	6:38	4:55	
12	Fri	7:15	5.6	7:36	4.3	12:40	-0.2	1:27	-0.2	6:39	4:54	
13	Sat	8:04	5.8	8:24	4.2	1:25	-0.4	2:17	-0.3	6:40	4:54	
14	Sun	8:54	5.9	9:14	4.0	2:11	-0.4	3:09	-0.2	6:41	4:53	
15	Mon	9:46	5.7	10:07	3.8	3:01	-0.3	4:04	-0.1	6:42	4:52	
16	Tue	10:40	5.5	11:02	3.6	3:54	-0.2	5:02	0.1	6:43	4:52	
17	Wed	11:38	5.2			4:53	0.0	6:03	0.2	6:44	4:51	
18	Thu	12:03	3.5	12:39	4.8	5:57	0.1	7:06	0.3	6:46	4:50	
19	Fri	1:10	3.4	1:44	4.5	7:05	0.3	8:07	0.3	6:47	4:50	
20	Sat	2:22	3.5	2:50	4.2	8:14	0.3	9:04	0.2	6:48	4:49	
21	Sun	3:31	3.8	3:51	4.0	9:22	0.3	9:56	0.2	6:49	4:49	
22	Mon	4:28	4.1	4:44	3.9	10:26	0.3	10:43	0.1	6:50	4:48	
23	Tue	5:17	4.3	5:30	3.8	11:24	0.2	11:25	0.0	6:51	4:48	
24	Wed	5:59	4.6	6:13	3.7			12:13	0.1	6:52	4:47	
25	Thu	6:39	4.7	6:53	3.6	12:05	0.0	12:56	0.1	6:53	4:47	
26	Fri	7:19	4.8	7:34	3.5	12:43	0.0	1:37	0.1	6:54	4:47	
27	Sat	7:59	4.8	8:14	3.4	1:20	0.0	2:15	0.1	6:55	4:46	
28	Sun	8:39	4.8	8:55	3.3	1:58	0.1	2:54	0.2	6:56	4:46	
29	Mon	9:21	4.7	9:36	3.3	2:36	0.2	3:34	0.4	6:57	4:46	
30	Tue	10:03	4.6	10:19	3.2	3:16	0.3	4:17	0.5	6:58	4:45	