































Sand Shoal Inlet, VA - Aug 2005

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:00	3.0	6:38	4.5	12:20	0.7	11:45 AM	0.4	6:07	8:10	
2	Tue	6:47	3.1	7:22	4.6	1:07	0.6	12:34	0.4	6:08	8:09	
3	Wed	7:30	3.3	8:03	4.7	1:47	0.6	1:19	0.3	6:09	8:08	
4	Thu	8:12	3.5	8:43	4.8	2:21	0.5	2:00	0.2	6:10	8:07	
5	Fri	8:53	3.6	9:21	4.8	2:54	0.5	2:40	0.2	6:11	8:06	
6	Sat	9:34	3.8	9:59	4.7	3:28	0.4	3:19	0.2	6:12	8:05	
7	Sun	10:13	3.9	10:35	4.6	4:01	0.4	3:59	0.3	6:12	8:04	
8	Mon	10:53	4.0	11:11	4.5	4:35	0.4	4:40	0.4	6:13	8:03	
9	Tue	11:32	4.1	11:48	4.2	5:10	0.5	5:24	0.5	6:14	8:02	
10	Wed			12:13	4.2	5:47	0.5	6:11	0.7	6:15	8:01	
11	Thu	12:27	4.0	12:57	4.3	6:27	0.6	7:04	0.8	6:16	8:00	
12	Fri	1:11	3.7	1:48	4.4	7:11	0.6	8:01	0.8	6:17	7:58	
13	Sat	2:02	3.5	2:46	4.5	8:01	0.6	9:03	0.9	6:18	7:57	
14	Sun	3:03	3.4	3:50	4.7	8:58	0.5	10:08	0.8	6:18	7:56	
15	Mon	4:09	3.4	4:54	5.0	10:00	0.4	11:13	0.6	6:19	7:55	
16	Tue	5:13	3.5	5:56	5.3	11:03	0.1			6:20	7:54	
17	Wed	6:14	3.7	6:53	5.5	12:15	0.4	12:05	-0.1	6:21	7:52	
18	Thu	7:11	4.1	7:48	5.7	1:11	0.1	1:05	-0.4	6:22	7:51	
19	Fri	8:06	4.4	8:40	5.8	2:02	-0.1	2:01	-0.6	6:23	7:50	
20	Sat	8:59	4.7	9:30	5.6	2:49	-0.3	2:55	-0.6	6:23	7:48	
21	Sun	9:52	4.9	10:19	5.3	3:36	-0.4	3:48	-0.6	6:24	7:47	
22	Mon	10:42	5.0	11:06	4.9	4:21	-0.4	4:42	-0.4	6:25	7:46	
23	Tue	11:33	5.0	11:54	4.5	5:07	-0.3	5:38	-0.1	6:26	7:44	
24	Wed			12:24	4.9	5:54	-0.1	6:36	0.2	6:27	7:43	
25	Thu	12:42	4.0	1:17	4.7	6:42	0.2	7:36	0.5	6:28	7:42	
26	Fri	1:34	3.5	2:14	4.5	7:33	0.4	8:40	0.7	6:28	7:40	
27	Sat	2:32	3.2	3:18	4.3	8:28	0.6	9:47	0.9	6:29	7:39	
28	Sun	3:36	3.0	4:24	4.2	9:25	0.7	10:55	1.0	6:30	7:37	
29	Mon	4:40	3.0	5:25	4.3	10:24	0.7	11:55	0.9	6:31	7:36	
30	Tue	5:37	3.1	6:15	4.4	11:21	0.7			6:32	7:35	
31	Wed	6:24	3.3	6:58	4.6	12:40	0.9	12:12	0.6	6:33	7:33	