

































## Sand Shoal Inlet, VA - Mar 2007

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:21	4.2	6:27	3.3			12:34	0.1	6:34	5:56	
2	Fri	7:02	4.2	7:08	3.5	12:23	-0.3	1:09	0.0	6:32	5:57	
3	Sat	7:39	4.2	7:47	3.7	1:06	-0.3	1:41	0.0	6:31	5:58	
4	Sun	8:14	4.2	8:25	3.9	1:45	-0.3	2:12	-0.1	6:30	5:59	
5	Mon	8:50	4.1	9:03	4.0	2:23	-0.3	2:43	0.0	6:28	6:00	
6	Tue	9:25	3.9	9:40	4.1	3:01	-0.2	3:15	0.0	6:27	6:01	
7	Wed	10:01	3.7	10:18	4.1	3:40	0.0	3:49	0.2	6:25	6:02	
8	Thu	10:38	3.5	10:58	4.0	4:21	0.2	4:24	0.3	6:24	6:03	
9	Fri	11:16	3.2	11:41	3.9	5:05	0.4	5:04	0.4	6:22	6:04	
10	Sat	11:58	3.0			5:53	0.6	5:49	0.5	6:21	6:05	
11	Sun	12:30	3.8	1:47	2.9	7:46	0.7	7:41	0.6	7:20	7:06	
12	Mon	2:28	3.8	2:46	2.8	8:45	0.8	8:40	0.5	7:18	7:07	
13	Tue	3:33	3.9	3:52	2.9	9:47	0.8	9:42	0.4	7:17	7:08	
14	Wed	4:37	4.1	4:55	3.1	10:48	0.6	10:45	0.2	7:15	7:09	
15	Thu	5:36	4.4	5:53	3.5	11:45	0.4	11:46	-0.1	7:14	7:09	
16	Fri	6:29	4.7	6:46	4.0			12:36	0.0	7:12	7:10	
17	Sat	7:19	4.9	7:37	4.4	12:43	-0.4	1:23	-0.3	7:11	7:11	
18	Sun	8:08	5.0	8:27	4.9	1:38	-0.7	2:08	-0.5	7:09	7:12	
19	Mon	8:56	4.9	9:16	5.2	2:30	-0.9	2:52	-0.7	7:08	7:13	
20	Tue	9:43	4.7	10:06	5.3	3:21	-0.9	3:37	-0.7	7:06	7:14	
21	Wed	10:31	4.4	10:56	5.3	4:14	-0.8	4:23	-0.7	7:05	7:15	
22	Thu	11:20	4.0	11:48	5.1	5:08	-0.6	5:11	-0.5	7:03	7:16	
23	Fri			12:11	3.6	6:05	-0.3	6:04	-0.3	7:02	7:17	
24	Sat	12:43	4.8	1:05	3.3	7:06	0.0	7:02	0.0	7:00	7:18	
25	Sun	1:43	4.4	2:06	3.0	8:11	0.3	8:04	0.1	6:59	7:19	
26	Mon	2:52	4.1	3:17	2.9	9:20	0.4	9:11	0.3	6:57	7:19	
27	Tue	4:08	4.0	4:31	2.9	10:31	0.5	10:20	0.3	6:56	7:20	
28	Wed	5:17	3.9	5:34	3.1	11:33	0.5	11:24	0.2	6:54	7:21	
29	Thu	6:11	3.9	6:23	3.4			12:21	0.4	6:53	7:22	
30	Fri	6:54	4.0	7:04	3.6	12:19	0.1	12:59	0.3	6:51	7:23	
31	Sat	7:31	4.0	7:42	3.9	1:06	0.0	1:31	0.2	6:50	7:24	