





























## Sand Shoal Inlet, VA - Mar 2008

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:33	3.6	2:48	2.7	8:45	0.9	8:38	0.5	6:33	5:57	
2	Sun	3:36	3.7	3:48	2.8	9:45	0.8	9:36	0.4	6:31	5:58	
3	Mon	4:32	3.9	4:43	3.1	10:40	0.7	10:33	0.2	6:30	5:59	
4	Tue	5:22	4.2	5:33	3.4	11:28	0.4	11:25	-0.1	6:29	6:00	
5	Wed	6:07	4.5	6:20	3.8			12:11	0.2	6:27	6:01	
6	Thu	6:51	4.6	7:05	4.2	12:15	-0.3	12:52	-0.1	6:26	6:02	
7	Fri	7:34	4.7	7:50	4.5	1:02	-0.5	1:32	-0.3	6:24	6:03	
8	Sat	8:17	4.7	8:35	4.8	1:49	-0.6	2:12	-0.4	6:23	6:04	
9	Sun	10:01	4.6	10:21	5.0	3:37	-0.7	3:54	-0.5	7:21	7:05	
10	Mon	10:45	4.3	11:09	5.0	4:26	-0.6	4:37	-0.5	7:20	7:06	
11	Tue	11:32	4.0			5:19	-0.4	5:25	-0.4	7:18	7:06	
12	Wed	12:00	4.9	12:22	3.6	6:15	-0.2	6:17	-0.2	7:17	7:07	
13	Thu	12:55	4.7	1:17	3.3	7:16	0.1	7:15	-0.1	7:16	7:08	
14	Fri	1:57	4.5	2:20	3.0	8:22	0.2	8:19	0.0	7:14	7:09	
15	Sat	3:08	4.3	3:32	2.9	9:32	0.3	9:27	0.1	7:13	7:10	
16	Sun	4:22	4.2	4:45	3.0	10:42	0.3	10:36	0.0	7:11	7:11	
17	Mon	5:30	4.2	5:49	3.3	11:45	0.2	11:42	-0.1	7:10	7:12	
18	Tue	6:27	4.3	6:42	3.6			12:37	0.1	7:08	7:13	
19	Wed	7:15	4.3	7:29	3.9	12:40	-0.3	1:20	-0.1	7:07	7:14	
20	Thu	7:57	4.3	8:11	4.1	1:30	-0.4	1:58	-0.2	7:05	7:15	
21	Fri	8:37	4.2	8:51	4.3	2:14	-0.4	2:33	-0.2	7:04	7:16	
22	Sat	9:15	4.1	9:30	4.4	2:56	-0.4	3:07	-0.2	7:02	7:17	
23	Sun	9:52	3.9	10:08	4.5	3:36	-0.3	3:41	-0.1	7:01	7:17	
24	Mon	10:30	3.7	10:47	4.4	4:15	-0.1	4:16	0.0	6:59	7:18	
25	Tue	11:08	3.5	11:28	4.3	4:55	0.1	4:52	0.2	6:58	7:19	
26	Wed	11:47	3.3			5:38	0.3	5:32	0.4	6:56	7:20	
27	Thu	12:10	4.1	12:29	3.1	6:23	0.5	6:16	0.5	6:55	7:21	
28	Fri	12:57	3.9	1:15	2.9	7:13	0.7	7:06	0.6	6:53	7:22	
29	Sat	1:50	3.8	2:09	2.9	8:07	0.9	8:02	0.7	6:52	7:23	
30	Sun	2:50	3.8	3:10	2.9	9:04	0.9	9:01	0.7	6:50	7:24	
31	Mon	3:52	3.8	4:12	3.1	10:01	0.9	10:01	0.5	6:49	7:25	