

































Sand Shoal Inlet, VA - Mar 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:45	3.8	11:12	4.5	4:31	-0.1	4:39	-0.1	6:33	5:57	
2	Mon	11:31	3.5			5:25	0.1	5:28	0.0	6:32	5:58	
3	Tue	12:05	4.4	12:24	3.2	6:24	0.2	6:24	0.0	6:30	5:59	
4	Wed	1:06	4.3	1:27	3.1	7:28	0.3	7:27	0.0	6:29	6:00	
5	Thu	2:15	4.3	2:37	3.0	8:35	0.3	8:34	0.0	6:27	6:01	
6	Fri	3:26	4.4	3:47	3.2	9:43	0.3	9:42	-0.2	6:26	6:02	
7	Sat	4:32	4.5	4:51	3.5	10:46	0.1	10:47	-0.4	6:25	6:02	
8	Sun	6:31	4.7	6:48	3.8			12:41	-0.2	7:23	7:03	
9	Mon	7:23	4.7	7:41	4.2	12:47	-0.6	1:30	-0.4	7:22	7:04	
10	Tue	8:12	4.7	8:29	4.4	1:42	-0.8	2:14	-0.5	7:20	7:05	
11	Wed	8:58	4.6	9:16	4.6	2:32	-0.8	2:55	-0.6	7:19	7:06	
12	Thu	9:41	4.4	10:01	4.7	3:20	-0.8	3:36	-0.6	7:17	7:07	
13	Fri	10:24	4.1	10:44	4.6	4:06	-0.6	4:16	-0.4	7:16	7:08	
14	Sat	11:05	3.8	11:28	4.5	4:52	-0.4	4:56	-0.2	7:14	7:09	
15	Sun	11:47	3.5			5:39	-0.1	5:39	0.0	7:13	7:10	
16	Mon	12:12	4.2	12:31	3.2	6:28	0.2	6:24	0.2	7:11	7:11	
17	Tue	1:00	4.0	1:18	2.9	7:19	0.5	7:14	0.4	7:10	7:12	
18	Wed	1:54	3.7	2:11	2.8	8:15	0.7	8:09	0.6	7:08	7:13	
19	Thu	2:55	3.6	3:12	2.7	9:13	0.9	9:07	0.6	7:07	7:14	
20	Fri	3:59	3.6	4:15	2.8	10:11	0.9	10:06	0.6	7:05	7:15	
21	Sat	4:59	3.7	5:12	3.1	11:06	0.8	11:03	0.4	7:04	7:15	
22	Sun	5:49	3.9	6:02	3.4	11:52	0.7	11:55	0.3	7:02	7:16	
23	Mon	6:34	4.1	6:46	3.8			12:33	0.5	7:01	7:17	
24	Tue	7:15	4.2	7:29	4.1	12:43	0.1	1:12	0.2	6:59	7:18	
25	Wed	7:55	4.3	8:11	4.5	1:28	-0.1	1:49	0.1	6:58	7:19	
26	Thu	8:36	4.3	8:52	4.8	2:12	-0.2	2:27	-0.1	6:56	7:20	
27	Fri	9:17	4.3	9:35	5.0	2:56	-0.3	3:05	-0.2	6:55	7:21	
28	Sat	9:58	4.2	10:19	5.1	3:40	-0.3	3:45	-0.2	6:53	7:22	
29	Sun	10:42	4.0	11:05	5.1	4:27	-0.3	4:29	-0.2	6:52	7:23	
30	Mon	11:27	3.8	11:55	5.0	5:18	-0.1	5:16	-0.1	6:50	7:24	
31	Tue			12:17	3.6	6:13	0.1	6:10	0.0	6:49	7:24	