































Sand Shoal Inlet, VA - May 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:39	4.7	2:09	3.5	8:02	0.2	8:06	0.2	6:07	7:52	
2	Sat	2:43	4.4	3:18	3.6	9:02	0.2	9:14	0.2	6:06	7:53	
3	Sun	3:49	4.2	4:25	3.9	9:59	0.2	10:22	0.2	6:05	7:54	
4	Mon	4:51	4.0	5:24	4.2	10:53	0.1	11:27	0.1	6:04	7:55	
5	Tue	5:46	3.9	6:16	4.5	11:43	0.0			6:03	7:56	
6	Wed	6:35	3.8	7:02	4.7	12:26	0.0	12:29	-0.1	6:02	7:57	
7	Thu	7:21	3.7	7:45	4.9	1:17	-0.1	1:12	-0.1	6:01	7:58	
8	Fri	8:04	3.7	8:27	4.9	2:03	-0.1	1:52	-0.1	6:00	7:58	
9	Sat	8:46	3.6	9:08	4.9	2:45	-0.1	2:32	-0.1	5:59	7:59	
10	Sun	9:28	3.5	9:50	4.8	3:26	0.0	3:11	0.0	5:58	8:00	
11	Mon	10:10	3.4	10:33	4.7	4:06	0.1	3:51	0.2	5:57	8:01	
12	Tue	10:52	3.4	11:15	4.5	4:47	0.3	4:33	0.3	5:56	8:02	
13	Wed	11:34	3.3	11:59	4.3	5:30	0.5	5:17	0.5	5:55	8:03	
14	Thu			12:19	3.2	6:15	0.6	6:05	0.6	5:54	8:04	
15	Fri	12:45	4.2	1:07	3.2	7:01	0.7	6:56	0.7	5:53	8:05	
16	Sat	1:33	4.0	1:59	3.3	7:48	0.8	7:51	0.8	5:53	8:05	
17	Sun	2:24	3.8	2:55	3.4	8:34	0.8	8:47	0.8	5:52	8:06	
18	Mon	3:17	3.8	3:51	3.7	9:21	0.7	9:45	0.7	5:51	8:07	
19	Tue	4:11	3.7	4:44	4.1	10:07	0.5	10:43	0.6	5:50	8:08	
20	Wed	5:03	3.8	5:33	4.5	10:55	0.4	11:39	0.4	5:50	8:09	
21	Thu	5:53	3.8	6:22	4.9	11:43	0.2			5:49	8:09	
22	Fri	6:42	3.9	7:11	5.3	12:34	0.1	12:31	0.0	5:48	8:10	
23	Sat	7:32	3.9	8:00	5.6	1:26	-0.1	1:20	-0.2	5:48	8:11	
24	Sun	8:22	4.0	8:51	5.7	2:17	-0.2	2:10	-0.4	5:47	8:12	
25	Mon	9:14	4.0	9:43	5.8	3:08	-0.3	3:00	-0.4	5:47	8:13	
26	Tue	10:06	4.0	10:36	5.7	4:00	-0.3	3:52	-0.4	5:46	8:13	
27	Wed	11:00	3.9	11:30	5.4	4:53	-0.3	4:47	-0.3	5:46	8:14	
28	Thu	11:55	3.9			5:48	-0.2	5:46	-0.2	5:45	8:15	
29	Fri	12:24	5.1	12:54	3.8	6:44	-0.1	6:49	0.0	5:45	8:16	
30	Sat	1:21	4.7	1:55	3.9	7:40	0.0	7:54	0.2	5:44	8:16	
31	Sun	2:20	4.3	3:00	3.9	8:35	0.0	9:00	0.3	5:44	8:17	