































Sand Shoal Inlet, VA - Aug 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:11	3.0	5:55	4.3	10:57	0.5			6:07	8:10	
2	Sun	6:02	3.1	6:41	4.4	12:23	0.8	11:50 AM	0.4	6:08	8:09	
3	Mon	6:48	3.3	7:24	4.6	1:06	0.7	12:37	0.4	6:09	8:08	
4	Tue	7:31	3.5	8:03	4.7	1:42	0.6	1:21	0.3	6:10	8:07	
5	Wed	8:13	3.7	8:42	4.8	2:16	0.5	2:02	0.2	6:11	8:06	
6	Thu	8:54	3.8	9:19	4.8	2:49	0.4	2:42	0.2	6:12	8:05	
7	Fri	9:34	4.0	9:56	4.7	3:22	0.4	3:21	0.2	6:12	8:04	
8	Sat	10:14	4.2	10:33	4.6	3:55	0.3	4:02	0.3	6:13	8:03	
9	Sun	10:53	4.3	11:09	4.4	4:30	0.3	4:44	0.4	6:14	8:02	
10	Mon	11:33	4.4	11:48	4.2	5:06	0.4	5:29	0.5	6:15	8:01	
11	Tue			12:15	4.5	5:45	0.4	6:19	0.6	6:16	8:00	
12	Wed	12:29	3.9	1:03	4.5	6:28	0.5	7:14	0.7	6:17	7:58	
13	Thu	1:16	3.7	1:58	4.6	7:18	0.5	8:15	0.8	6:18	7:57	
14	Fri	2:13	3.5	3:01	4.7	8:13	0.4	9:19	0.8	6:18	7:56	
15	Sat	3:18	3.4	4:08	4.9	9:14	0.3	10:25	0.7	6:19	7:55	
16	Sun	4:26	3.5	5:12	5.1	10:19	0.2	11:30	0.5	6:20	7:54	
17	Mon	5:30	3.7	6:13	5.4	11:23	0.0			6:21	7:52	
18	Tue	6:30	4.0	7:08	5.5	12:29	0.2	12:25	-0.3	6:22	7:51	
19	Wed	7:27	4.3	8:01	5.6	1:22	0.0	1:23	-0.5	6:23	7:50	
20	Thu	8:20	4.6	8:51	5.5	2:11	-0.3	2:18	-0.6	6:23	7:48	
21	Fri	9:12	4.9	9:40	5.3	2:57	-0.4	3:11	-0.6	6:24	7:47	
22	Sat	10:03	5.0	10:27	5.0	3:41	-0.4	4:03	-0.5	6:25	7:46	
23	Sun	10:52	5.1	11:13	4.6	4:26	-0.4	4:55	-0.2	6:26	7:44	
24	Mon	11:40	5.0	11:59	4.1	5:10	-0.2	5:49	0.1	6:27	7:43	
25	Tue			12:30	4.8	5:57	0.1	6:45	0.4	6:28	7:42	
26	Wed	12:46	3.7	1:22	4.5	6:45	0.3	7:44	0.7	6:28	7:40	
27	Thu	1:37	3.4	2:20	4.3	7:37	0.5	8:45	0.9	6:29	7:39	
28	Fri	2:34	3.1	3:23	4.2	8:32	0.7	9:50	1.0	6:30	7:37	
29	Sat	3:38	3.0	4:28	4.2	9:29	0.8	10:54	1.1	6:31	7:36	
30	Sun	4:40	3.1	5:25	4.3	10:27	0.7	11:48	1.0	6:32	7:34	
31	Mon	5:35	3.3	6:13	4.4	11:22	0.7			6:33	7:33	