
































Sand Shoal Inlet, VA - Aug 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:26	3.9	12:55	4.1	6:24	0.6	6:58	0.8	6:07	8:11	
2	Mon	1:08	3.6	1:44	4.2	7:07	0.6	7:52	0.9	6:08	8:10	
3	Tue	1:56	3.4	2:38	4.3	7:55	0.6	8:49	1.0	6:09	8:09	
4	Wed	2:52	3.3	3:38	4.4	8:48	0.6	9:50	0.9	6:10	8:08	
5	Thu	3:53	3.3	4:39	4.7	9:45	0.5	10:52	0.8	6:11	8:07	
6	Fri	4:55	3.5	5:37	5.0	10:45	0.3	11:51	0.5	6:11	8:06	
7	Sat	5:53	3.7	6:33	5.3	11:45	0.0			6:12	8:04	
8	Sun	6:49	4.0	7:25	5.6	12:47	0.2	12:43	-0.3	6:13	8:03	
9	Mon	7:43	4.4	8:17	5.7	1:38	0.0	1:38	-0.5	6:14	8:02	
10	Tue	8:36	4.7	9:07	5.7	2:26	-0.3	2:32	-0.6	6:15	8:01	
11	Wed	9:29	4.9	9:56	5.5	3:12	-0.5	3:25	-0.6	6:16	8:00	
12	Thu	10:21	5.1	10:45	5.2	3:59	-0.5	4:19	-0.5	6:17	7:59	
13	Fri	11:13	5.2	11:34	4.8	4:46	-0.5	5:15	-0.3	6:17	7:58	
14	Sat			12:05	5.1	5:35	-0.4	6:14	0.0	6:18	7:56	
15	Sun	12:24	4.3	1:00	4.9	6:26	-0.2	7:15	0.2	6:19	7:55	
16	Mon	1:17	3.8	1:59	4.7	7:19	0.0	8:19	0.5	6:20	7:54	
17	Tue	2:15	3.4	3:04	4.5	8:16	0.2	9:27	0.7	6:21	7:53	
18	Wed	3:20	3.2	4:13	4.4	9:16	0.4	10:37	0.7	6:22	7:51	
19	Thu	4:27	3.1	5:17	4.4	10:16	0.4	11:41	0.7	6:22	7:50	
20	Fri	5:28	3.2	6:10	4.5	11:16	0.4			6:23	7:49	
21	Sat	6:19	3.4	6:55	4.6	12:33	0.7	12:09	0.4	6:24	7:47	
22	Sun	7:03	3.6	7:34	4.6	1:13	0.6	12:56	0.3	6:25	7:46	
23	Mon	7:44	3.8	8:11	4.7	1:47	0.5	1:38	0.2	6:26	7:45	
24	Tue	8:23	4.0	8:48	4.7	2:18	0.4	2:18	0.2	6:27	7:43	
25	Wed	9:02	4.2	9:25	4.6	2:50	0.4	2:56	0.2	6:27	7:42	
26	Thu	9:41	4.4	10:01	4.5	3:22	0.3	3:34	0.3	6:28	7:41	
27	Fri	10:19	4.5	10:37	4.3	3:54	0.4	4:14	0.4	6:29	7:39	
28	Sat	10:58	4.5	11:14	4.1	4:29	0.4	4:55	0.6	6:30	7:38	
29	Sun	11:37	4.5	11:52	3.9	5:05	0.5	5:39	0.7	6:31	7:36	
30	Mon			12:20	4.5	5:44	0.6	6:28	0.9	6:32	7:35	
31	Tue	12:33	3.7	1:08	4.5	6:28	0.7	7:22	1.0	6:32	7:33	