

































## Sand Shoal Inlet, VA - Jul 2016

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:40	3.9	6:18	5.2	11:36	-0.4			5:46	8:27	
2	Sat	6:37	3.9	7:12	5.4	12:34	-0.1	12:32	-0.5	5:47	8:27	
3	Sun	7:31	4.0	8:05	5.5	1:30	-0.3	1:26	-0.6	5:47	8:27	
4	Mon	8:24	4.0	8:55	5.4	2:22	-0.4	2:17	-0.6	5:48	8:27	
5	Tue	9:16	4.0	9:44	5.3	3:11	-0.4	3:07	-0.5	5:48	8:27	
6	Wed	10:06	4.0	10:31	5.1	3:58	-0.4	3:56	-0.4	5:49	8:26	
7	Thu	10:54	3.9	11:17	4.8	4:44	-0.2	4:45	-0.2	5:49	8:26	
8	Fri	11:41	3.9			5:30	-0.1	5:34	0.1	5:50	8:26	
9	Sat	12:02	4.5	12:29	3.8	6:15	0.1	6:26	0.3	5:51	8:25	
10	Sun	12:47	4.1	1:18	3.7	7:01	0.2	7:18	0.5	5:51	8:25	
11	Mon	1:34	3.8	2:10	3.7	7:46	0.4	8:12	0.7	5:52	8:25	
12	Tue	2:24	3.6	3:04	3.8	8:31	0.5	9:07	0.8	5:52	8:24	
13	Wed	3:17	3.4	3:59	3.9	9:17	0.5	10:02	0.9	5:53	8:24	
14	Thu	4:12	3.3	4:51	4.1	10:05	0.5	10:57	0.8	5:54	8:23	
15	Fri	5:04	3.4	5:41	4.3	10:54	0.5	11:50	0.7	5:54	8:23	
16	Sat	5:54	3.5	6:27	4.6	11:42	0.4			5:55	8:22	
17	Sun	6:41	3.6	7:12	4.8	12:38	0.6	12:30	0.3	5:56	8:22	
18	Mon	7:27	3.8	7:56	5.0	1:23	0.4	1:16	0.1	5:57	8:21	
19	Tue	8:13	3.9	8:40	5.2	2:06	0.2	2:01	0.0	5:57	8:21	
20	Wed	8:58	4.1	9:24	5.3	2:48	0.1	2:46	-0.1	5:58	8:20	
21	Thu	9:44	4.2	10:08	5.3	3:30	0.0	3:31	-0.1	5:59	8:19	
22	Fri	10:30	4.3	10:52	5.2	4:14	-0.1	4:19	-0.1	6:00	8:19	
23	Sat	11:17	4.4	11:38	5.0	4:59	-0.1	5:10	0.0	6:00	8:18	
24	Sun			12:07	4.5	5:46	-0.1	6:05	0.1	6:01	8:17	
25	Mon	12:27	4.7	1:00	4.5	6:36	-0.1	7:04	0.2	6:02	8:16	
26	Tue	1:19	4.4	1:57	4.6	7:29	0.0	8:05	0.3	6:03	8:15	
27	Wed	2:16	4.1	2:59	4.6	8:23	0.0	9:10	0.3	6:04	8:15	
28	Thu	3:18	3.8	4:04	4.8	9:21	0.0	10:15	0.3	6:04	8:14	
29	Fri	4:22	3.7	5:06	4.9	10:20	-0.1	11:21	0.2	6:05	8:13	
30	Sat	5:24	3.7	6:05	5.1	11:19	-0.2			6:06	8:12	
31	Sun	6:22	3.8	6:59	5.2	12:22	0.1	12:17	-0.3	6:07	8:11	