

































Sand Shoal Inlet, VA - Mar 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	4:19	3.7	4:33	2.8	10:40	0.5	10:24	0.2	6:34	5:56	
2	Sat	5:12	3.8	5:21	3.0	11:31	0.4	11:15	0.1	6:32	5:57	
3	Sun	5:57	4.0	6:05	3.2			12:11	0.3	6:31	5:58	
4	Mon	6:38	4.1	6:46	3.4	12:00	0.0	12:46	0.2	6:29	5:59	
5	Tue	7:16	4.3	7:26	3.7	12:41	-0.1	1:20	0.1	6:28	6:00	
6	Wed	7:54	4.3	8:05	3.8	1:20	-0.2	1:53	0.1	6:27	6:01	
7	Thu	8:31	4.3	8:44	4.0	1:59	-0.2	2:26	0.0	6:25	6:02	
8	Fri	9:08	4.3	9:22	4.1	2:37	-0.2	3:01	0.0	6:24	6:03	
9	Sat	9:45	4.1	10:01	4.2	3:17	-0.1	3:37	0.1	6:22	6:04	
10	Sun	11:22	4.0	11:41	4.2	4:59	0.0	5:14	0.2	7:21	7:05	
11	Mon			12:02	3.8	5:44	0.1	5:56	0.2	7:19	7:06	
12	Tue	12:24	4.2	12:45	3.5	6:34	0.3	6:42	0.3	7:18	7:07	
13	Wed	1:14	4.2	1:36	3.4	7:29	0.4	7:35	0.3	7:16	7:08	
14	Thu	2:12	4.2	2:36	3.2	8:30	0.4	8:34	0.2	7:15	7:09	
15	Fri	3:17	4.3	3:42	3.3	9:33	0.4	9:38	0.1	7:14	7:10	
16	Sat	4:24	4.5	4:48	3.4	10:38	0.2	10:42	-0.1	7:12	7:10	
17	Sun	5:27	4.7	5:50	3.7	11:40	0.0	11:46	-0.4	7:11	7:11	
18	Mon	6:26	4.9	6:47	4.1			12:37	-0.2	7:09	7:12	
19	Tue	7:21	5.1	7:41	4.4	12:46	-0.7	1:29	-0.5	7:08	7:13	
20	Wed	8:13	5.1	8:33	4.7	1:42	-0.9	2:17	-0.7	7:06	7:14	
21	Thu	9:03	5.0	9:24	4.9	2:35	-1.0	3:03	-0.8	7:05	7:15	
22	Fri	9:52	4.8	10:13	5.0	3:27	-1.0	3:49	-0.8	7:03	7:16	
23	Sat	10:39	4.5	11:02	4.9	4:18	-0.9	4:34	-0.6	7:02	7:17	
24	Sun	11:26	4.1	11:50	4.7	5:10	-0.6	5:21	-0.4	7:00	7:18	
25	Mon			12:14	3.7	6:03	-0.3	6:10	-0.1	6:59	7:19	
26	Tue	12:40	4.4	1:03	3.4	6:59	0.0	7:01	0.1	6:57	7:20	
27	Wed	1:33	4.1	1:57	3.1	7:57	0.3	7:56	0.3	6:56	7:20	
28	Thu	2:32	3.9	2:57	2.9	8:57	0.5	8:54	0.5	6:54	7:21	
29	Fri	3:37	3.7	4:01	2.9	9:59	0.6	9:53	0.5	6:53	7:22	
30	Sat	4:40	3.7	5:01	3.0	10:58	0.7	10:52	0.5	6:51	7:23	
31	Sun	5:36	3.8	5:51	3.3	11:48	0.6	11:45	0.4	6:50	7:24	