

































Sand Shoal Inlet, VA - May 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:23	4.0	6:43	4.1			12:19	0.4	6:08	7:52	
2	Thu	7:05	4.1	7:24	4.5	12:44	0.3	12:58	0.3	6:06	7:53	
3	Fri	7:46	4.1	8:05	4.7	1:28	0.1	1:36	0.2	6:05	7:54	
4	Sat	8:27	4.1	8:46	5.0	2:10	0.0	2:15	0.1	6:04	7:55	
5	Sun	9:09	4.1	9:28	5.1	2:53	-0.1	2:54	0.0	6:03	7:55	
6	Mon	9:51	4.0	10:11	5.2	3:36	-0.1	3:35	0.0	6:02	7:56	
7	Tue	10:35	3.9	10:57	5.2	4:22	0.0	4:18	0.0	6:01	7:57	
8	Wed	11:21	3.8	11:45	5.1	5:10	0.0	5:06	0.1	6:00	7:58	
9	Thu			12:11	3.7	6:03	0.1	6:00	0.2	5:59	7:59	
10	Fri	12:37	4.9	1:06	3.6	6:59	0.2	6:59	0.3	5:58	8:00	
11	Sat	1:35	4.7	2:07	3.6	7:58	0.2	8:03	0.3	5:57	8:01	
12	Sun	2:37	4.6	3:13	3.7	8:57	0.2	9:09	0.2	5:56	8:02	
13	Mon	3:42	4.5	4:19	3.9	9:56	0.1	10:15	0.1	5:55	8:02	
14	Tue	4:45	4.4	5:19	4.3	10:52	0.0	11:20	0.0	5:55	8:03	
15	Wed	5:43	4.3	6:14	4.7	11:45	-0.2			5:54	8:04	
16	Thu	6:37	4.3	7:05	5.0	12:21	-0.2	12:35	-0.3	5:53	8:05	
17	Fri	7:27	4.2	7:54	5.2	1:17	-0.4	1:23	-0.4	5:52	8:06	
18	Sat	8:16	4.1	8:41	5.2	2:08	-0.4	2:08	-0.4	5:51	8:07	
19	Sun	9:03	4.0	9:27	5.2	2:56	-0.4	2:52	-0.4	5:51	8:08	
20	Mon	9:49	3.8	10:12	5.1	3:43	-0.3	3:35	-0.2	5:50	8:08	
21	Tue	10:34	3.6	10:57	4.9	4:28	-0.2	4:19	-0.1	5:49	8:09	
22	Wed	11:20	3.5	11:42	4.6	5:15	0.0	5:05	0.2	5:49	8:10	
23	Thu			12:06	3.3	6:02	0.3	5:53	0.4	5:48	8:11	
24	Fri	12:29	4.3	12:54	3.2	6:51	0.4	6:44	0.6	5:47	8:12	
25	Sat	1:18	4.1	1:46	3.2	7:40	0.6	7:38	0.7	5:47	8:12	
26	Sun	2:10	3.9	2:42	3.2	8:28	0.7	8:34	0.8	5:46	8:13	
27	Mon	3:05	3.8	3:39	3.4	9:15	0.7	9:30	0.8	5:46	8:14	
28	Tue	3:59	3.7	4:32	3.7	10:01	0.7	10:25	0.7	5:45	8:15	
29	Wed	4:51	3.7	5:21	4.0	10:46	0.6	11:19	0.6	5:45	8:15	
30	Thu	5:39	3.8	6:06	4.3	11:31	0.4			5:44	8:16	
31	Fri	6:24	3.8	6:50	4.7	12:10	0.4	12:15	0.3	5:44	8:17	