

































Sand Shoal Inlet, VA - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	7:24	3.9	7:54	5.4	1:19	0.1	1:13	-0.1	5:46	8:27	
2	Tue	8:14	4.0	8:44	5.6	2:09	-0.1	2:02	-0.3	5:46	8:27	
3	Wed	9:05	4.1	9:34	5.7	2:58	-0.2	2:52	-0.4	5:47	8:27	
4	Thu	9:56	4.1	10:25	5.7	3:47	-0.3	3:43	-0.4	5:47	8:27	
5	Fri	10:48	4.2	11:16	5.5	4:37	-0.3	4:37	-0.4	5:48	8:27	
6	Sat	11:42	4.2			5:29	-0.3	5:34	-0.2	5:48	8:26	
7	Sun	12:07	5.2	12:37	4.2	6:22	-0.2	6:34	-0.1	5:49	8:26	
8	Mon	1:01	4.8	1:36	4.2	7:16	-0.2	7:37	0.1	5:49	8:26	
9	Tue	1:57	4.4	2:38	4.3	8:10	-0.1	8:42	0.2	5:50	8:26	
10	Wed	2:57	4.0	3:42	4.4	9:04	-0.1	9:48	0.3	5:51	8:25	
11	Thu	3:59	3.7	4:44	4.5	9:58	0.0	10:54	0.3	5:51	8:25	
12	Fri	4:59	3.5	5:40	4.6	10:53	0.0	11:57	0.3	5:52	8:25	
13	Sat	5:54	3.4	6:31	4.7	11:45	0.0			5:53	8:24	
14	Sun	6:45	3.4	7:18	4.8	12:53	0.2	12:36	0.0	5:53	8:24	
15	Mon	7:32	3.4	8:03	4.9	1:41	0.1	1:22	-0.1	5:54	8:23	
16	Tue	8:17	3.5	8:45	4.9	2:23	0.1	2:06	-0.1	5:55	8:23	
17	Wed	9:00	3.5	9:27	4.8	3:03	0.1	2:48	0.0	5:55	8:22	
18	Thu	9:43	3.6	10:08	4.8	3:41	0.2	3:29	0.1	5:56	8:22	
19	Fri	10:25	3.6	10:48	4.6	4:18	0.2	4:10	0.2	5:57	8:21	
20	Sat	11:07	3.7	11:28	4.5	4:56	0.3	4:53	0.3	5:58	8:20	
21	Sun	11:49	3.7			5:35	0.4	5:37	0.5	5:58	8:20	
22	Mon	12:08	4.3	12:33	3.7	6:15	0.5	6:25	0.7	5:59	8:19	
23	Tue	12:50	4.0	1:19	3.8	6:56	0.6	7:15	0.8	6:00	8:18	
24	Wed	1:34	3.8	2:08	3.9	7:39	0.6	8:08	0.9	6:01	8:18	
25	Thu	2:23	3.6	3:02	4.0	8:25	0.6	9:04	0.9	6:01	8:17	
26	Fri	3:17	3.5	3:57	4.3	9:13	0.6	10:03	0.8	6:02	8:16	
27	Sat	4:14	3.5	4:53	4.6	10:05	0.5	11:02	0.7	6:03	8:15	
28	Sun	5:10	3.6	5:47	4.9	11:00	0.3			6:04	8:14	
29	Mon	6:05	3.8	6:40	5.3	12:00	0.4	11:55 AM	0.1	6:05	8:14	
30	Tue	6:58	4.0	7:32	5.6	12:55	0.2	12:50	-0.2	6:06	8:13	
31	Wed	7:51	4.2	8:24	5.8	1:47	-0.1	1:43	-0.4	6:06	8:12	