

































## Sand Shoal Inlet, VA - Jul 2022

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:20	3.4	10:43	4.7	4:14	0.4	3:58	0.3	5:46	8:27	
2	Sat	11:01	3.4	11:23	4.6	4:53	0.5	4:40	0.4	5:46	8:27	
3	Sun	11:43	3.5			5:33	0.5	5:25	0.5	5:47	8:27	
4	Mon	12:03	4.4	12:27	3.6	6:14	0.5	6:14	0.6	5:47	8:27	
5	Tue	12:45	4.3	1:14	3.7	6:57	0.5	7:07	0.7	5:48	8:27	
6	Wed	1:30	4.1	2:05	3.9	7:41	0.5	8:04	0.7	5:48	8:26	
7	Thu	2:21	3.9	3:01	4.2	8:28	0.4	9:04	0.6	5:49	8:26	
8	Fri	3:17	3.7	3:59	4.5	9:17	0.3	10:07	0.5	5:50	8:26	
9	Sat	4:16	3.7	4:57	4.9	10:10	0.1	11:10	0.3	5:50	8:26	
10	Sun	5:15	3.7	5:54	5.2	11:06	0.0			5:51	8:25	
11	Mon	6:13	3.7	6:50	5.5	12:12	0.1	12:04	-0.2	5:52	8:25	
12	Tue	7:10	3.8	7:46	5.8	1:11	-0.1	1:01	-0.4	5:52	8:24	
13	Wed	8:06	3.9	8:41	5.8	2:06	-0.2	1:56	-0.6	5:53	8:24	
14	Thu	9:01	4.0	9:35	5.8	2:59	-0.4	2:51	-0.7	5:54	8:24	
15	Fri	9:56	4.1	10:28	5.6	3:50	-0.4	3:45	-0.6	5:54	8:23	
16	Sat	10:50	4.1	11:19	5.3	4:41	-0.4	4:41	-0.5	5:55	8:23	
17	Sun	11:44	4.2			5:32	-0.3	5:38	-0.2	5:56	8:22	
18	Mon	12:09	4.9	12:38	4.1	6:22	-0.1	6:37	0.0	5:56	8:21	
19	Tue	12:59	4.4	1:33	4.1	7:12	0.0	7:38	0.3	5:57	8:21	
20	Wed	1:51	3.9	2:31	4.1	8:01	0.2	8:40	0.5	5:58	8:20	
21	Thu	2:46	3.5	3:30	4.1	8:50	0.3	9:44	0.6	5:59	8:20	
22	Fri	3:44	3.2	4:28	4.1	9:38	0.4	10:47	0.7	5:59	8:19	
23	Sat	4:41	3.1	5:21	4.2	10:28	0.5	11:47	0.7	6:00	8:18	
24	Sun	5:33	3.0	6:09	4.4	11:18	0.5			6:01	8:17	
25	Mon	6:21	3.1	6:54	4.5	12:37	0.7	12:06	0.4	6:02	8:17	
26	Tue	7:06	3.2	7:37	4.6	1:20	0.6	12:52	0.4	6:03	8:16	
27	Wed	7:49	3.4	8:19	4.8	1:58	0.5	1:35	0.3	6:03	8:15	
28	Thu	8:31	3.5	9:00	4.8	2:34	0.5	2:16	0.2	6:04	8:14	
29	Fri	9:13	3.6	9:39	4.9	3:09	0.4	2:56	0.2	6:05	8:13	
30	Sat	9:54	3.8	10:18	4.8	3:45	0.4	3:37	0.2	6:06	8:12	
31	Sun	10:34	3.9	10:55	4.7	4:21	0.4	4:18	0.3	6:07	8:11	