

































Sand Shoal Inlet, VA - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:39	4.4	5:54	3.6	11:50	-0.1	11:53	-0.5	6:33	5:57	
2	Sat	6:28	4.4	6:42	3.8			12:36	-0.3	6:32	5:58	
3	Sun	7:13	4.4	7:27	4.0	12:43	-0.6	1:16	-0.3	6:30	5:59	
4	Mon	7:54	4.3	8:09	4.2	1:28	-0.6	1:53	-0.4	6:29	5:59	
5	Tue	8:33	4.2	8:49	4.3	2:11	-0.6	2:29	-0.3	6:28	6:00	
6	Wed	9:12	4.0	9:30	4.3	2:52	-0.4	3:05	-0.2	6:26	6:01	
7	Thu	9:51	3.8	10:10	4.2	3:32	-0.2	3:42	-0.1	6:25	6:02	
8	Fri	10:30	3.6	10:51	4.1	4:14	0.0	4:20	0.1	6:23	6:03	
9	Sat	11:10	3.4	11:35	3.9	4:58	0.2	5:02	0.3	6:22	6:04	
10	Sun			12:53	3.1	6:45	0.5	6:47	0.4	7:20	7:05	
11	Mon	1:24	3.8	1:41	3.0	7:35	0.7	7:37	0.5	7:19	7:06	
12	Tue	2:18	3.7	2:36	2.9	8:30	0.8	8:31	0.6	7:17	7:07	
13	Wed	3:18	3.7	3:37	2.9	9:27	0.8	9:29	0.5	7:16	7:08	
14	Thu	4:19	3.8	4:36	3.1	10:23	0.7	10:27	0.4	7:15	7:09	
15	Fri	5:15	4.0	5:31	3.4	11:17	0.6	11:24	0.2	7:13	7:10	
16	Sat	6:05	4.3	6:22	3.8			12:07	0.3	7:12	7:11	
17	Sun	6:53	4.5	7:10	4.3	12:18	-0.1	12:53	0.0	7:10	7:12	
18	Mon	7:38	4.7	7:57	4.7	1:09	-0.3	1:37	-0.2	7:09	7:13	
19	Tue	8:24	4.7	8:44	5.0	1:59	-0.6	2:20	-0.4	7:07	7:14	
20	Wed	9:10	4.7	9:31	5.2	2:48	-0.7	3:04	-0.6	7:06	7:14	
21	Thu	9:57	4.6	10:20	5.3	3:37	-0.7	3:49	-0.6	7:04	7:15	
22	Fri	10:44	4.4	11:10	5.3	4:28	-0.6	4:36	-0.6	7:03	7:16	
23	Sat	11:34	4.1			5:22	-0.5	5:27	-0.4	7:01	7:17	
24	Sun	12:03	5.1	12:26	3.8	6:19	-0.2	6:23	-0.3	7:00	7:18	
25	Mon	1:00	4.8	1:24	3.5	7:20	0.0	7:24	-0.1	6:58	7:19	
26	Tue	2:02	4.5	2:28	3.3	8:24	0.2	8:28	0.0	6:57	7:20	
27	Wed	3:11	4.3	3:39	3.2	9:30	0.2	9:36	0.1	6:55	7:21	
28	Thu	4:22	4.1	4:48	3.4	10:35	0.2	10:43	0.0	6:54	7:22	
29	Fri	5:26	4.1	5:48	3.6	11:33	0.2	11:46	0.0	6:52	7:23	
30	Sat	6:20	4.1	6:38	3.9			12:23	0.1	6:51	7:23	
31	Sun	7:05	4.1	7:22	4.1	12:41	-0.2	1:06	0.0	6:49	7:24	