

































## Sand Shoal Inlet, VA - Jul 2040

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:05	4.2	2:46	4.0	8:19	0.0	8:48	0.3	5:46	8:27	
2	Mon	3:03	3.8	3:48	4.1	9:10	0.1	9:53	0.4	5:47	8:27	
3	Tue	4:02	3.5	4:46	4.2	10:00	0.2	10:58	0.5	5:47	8:27	
4	Wed	4:59	3.3	5:38	4.3	10:49	0.2	11:58	0.5	5:48	8:27	
5	Thu	5:50	3.2	6:24	4.5	11:37	0.3			5:48	8:27	
6	Fri	6:36	3.2	7:07	4.6	12:50	0.4	12:23	0.2	5:49	8:26	
7	Sat	7:20	3.2	7:49	4.7	1:33	0.4	1:06	0.2	5:49	8:26	
8	Sun	8:03	3.3	8:30	4.7	2:12	0.4	1:48	0.2	5:50	8:26	
9	Mon	8:45	3.4	9:12	4.8	2:49	0.3	2:29	0.2	5:51	8:25	
10	Tue	9:27	3.4	9:52	4.8	3:25	0.4	3:09	0.2	5:51	8:25	
11	Wed	10:08	3.5	10:32	4.7	4:02	0.4	3:49	0.3	5:52	8:25	
12	Thu	10:49	3.5	11:11	4.6	4:40	0.4	4:30	0.4	5:53	8:24	
13	Fri	11:31	3.6	11:50	4.5	5:19	0.5	5:14	0.5	5:53	8:24	
14	Sat			12:13	3.7	5:58	0.5	6:01	0.6	5:54	8:23	
15	Sun	12:31	4.3	12:58	3.8	6:39	0.5	6:52	0.7	5:55	8:23	
16	Mon	1:14	4.1	1:47	3.9	7:22	0.5	7:47	0.7	5:55	8:22	
17	Tue	2:02	3.9	2:41	4.2	8:08	0.4	8:46	0.7	5:56	8:22	
18	Wed	2:57	3.7	3:39	4.5	8:58	0.4	9:48	0.6	5:57	8:21	
19	Thu	3:56	3.6	4:38	4.8	9:51	0.2	10:51	0.5	5:58	8:20	
20	Fri	4:57	3.6	5:37	5.1	10:48	0.1	11:54	0.3	5:58	8:20	
21	Sat	5:56	3.7	6:34	5.5	11:46	-0.1			5:59	8:19	
22	Sun	6:53	3.8	7:30	5.7	12:53	0.0	12:44	-0.4	6:00	8:18	
23	Mon	7:49	4.0	8:25	5.8	1:49	-0.2	1:41	-0.6	6:01	8:18	
24	Tue	8:44	4.1	9:19	5.8	2:41	-0.3	2:36	-0.7	6:01	8:17	
25	Wed	9:39	4.3	10:11	5.7	3:32	-0.4	3:30	-0.7	6:02	8:16	
26	Thu	10:33	4.3	11:02	5.4	4:22	-0.4	4:25	-0.5	6:03	8:15	
27	Fri	11:26	4.4	11:51	5.0	5:12	-0.3	5:21	-0.3	6:04	8:14	
28	Sat			12:19	4.4	6:01	-0.2	6:20	-0.1	6:05	8:14	
29	Sun	12:41	4.5	1:14	4.3	6:51	-0.1	7:20	0.2	6:06	8:13	
30	Mon	1:32	4.0	2:10	4.2	7:41	0.1	8:22	0.5	6:06	8:12	
31	Tue	2:27	3.6	3:10	4.2	8:31	0.3	9:26	0.6	6:07	8:11	