

































## Sand Shoal Inlet, VA - Jul 2045

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:05	3.4	10:30	4.6	4:03	0.3	3:48	0.2	5:46	8:27	
2	Sun	10:47	3.5	11:10	4.5	4:41	0.4	4:29	0.3	5:47	8:27	
3	Mon	11:28	3.5	11:49	4.3	5:18	0.4	5:13	0.4	5:47	8:27	
4	Tue			12:11	3.6	5:56	0.5	5:59	0.6	5:48	8:27	
5	Wed	12:28	4.1	12:55	3.7	6:35	0.5	6:48	0.7	5:48	8:27	
6	Thu	1:09	3.8	1:42	3.8	7:15	0.6	7:41	0.8	5:49	8:26	
7	Fri	1:54	3.6	2:33	4.0	7:58	0.6	8:37	0.9	5:49	8:26	
8	Sat	2:45	3.4	3:28	4.2	8:44	0.5	9:35	0.8	5:50	8:26	
9	Sun	3:42	3.3	4:25	4.5	9:34	0.4	10:36	0.7	5:51	8:25	
10	Mon	4:40	3.3	5:21	4.8	10:28	0.3	11:36	0.5	5:51	8:25	
11	Tue	5:37	3.4	6:16	5.2	11:25	0.1			5:52	8:25	
12	Wed	6:33	3.6	7:11	5.5	12:35	0.3	12:23	-0.1	5:53	8:24	
13	Thu	7:28	3.8	8:04	5.7	1:30	0.1	1:18	-0.4	5:53	8:24	
14	Fri	8:23	4.0	8:57	5.8	2:21	-0.1	2:13	-0.5	5:54	8:23	
15	Sat	9:17	4.2	9:49	5.7	3:11	-0.3	3:07	-0.6	5:55	8:23	
16	Sun	10:11	4.3	10:40	5.5	4:00	-0.4	4:01	-0.6	5:55	8:22	
17	Mon	11:04	4.5	11:29	5.2	4:49	-0.4	4:58	-0.4	5:56	8:22	
18	Tue	11:58	4.5			5:38	-0.4	5:56	-0.2	5:57	8:21	
19	Wed	12:19	4.7	12:52	4.5	6:28	-0.3	6:57	0.0	5:57	8:21	
20	Thu	1:11	4.2	1:50	4.5	7:18	-0.1	8:01	0.3	5:58	8:20	
21	Fri	2:05	3.7	2:51	4.4	8:10	0.0	9:07	0.5	5:59	8:19	
22	Sat	3:05	3.3	3:54	4.4	9:03	0.2	10:15	0.6	6:00	8:19	
23	Sun	4:07	3.1	4:56	4.4	9:58	0.3	11:22	0.6	6:01	8:18	
24	Mon	5:08	3.0	5:52	4.5	10:54	0.3			6:01	8:17	
25	Tue	6:03	3.0	6:42	4.5	12:22	0.6	11:48 AM	0.3	6:02	8:16	
26	Wed	6:50	3.1	7:27	4.6	1:11	0.6	12:39	0.3	6:03	8:16	
27	Thu	7:34	3.3	8:08	4.7	1:51	0.5	1:24	0.2	6:04	8:15	
28	Fri	8:17	3.5	8:47	4.7	2:26	0.4	2:06	0.1	6:05	8:14	
29	Sat	8:58	3.6	9:25	4.7	2:59	0.4	2:45	0.1	6:05	8:13	
30	Sun	9:38	3.8	10:03	4.7	3:32	0.4	3:25	0.2	6:06	8:12	
31	Mon	10:18	3.9	10:39	4.5	4:05	0.4	4:04	0.3	6:07	8:11	