

































## Sand Shoal Inlet, VA - Mar 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:54	4.6	5:14	3.7	11:06	-0.2	11:13	-0.6	6:33	5:57	
2	Sun	5:51	4.7	6:09	3.9			12:01	-0.4	6:31	5:58	
3	Mon	6:43	4.8	7:01	4.2	12:10	-0.8	12:51	-0.6	6:30	5:59	
4	Tue	7:32	4.8	7:50	4.3	1:02	-0.9	1:36	-0.6	6:28	6:00	
5	Wed	8:18	4.7	8:36	4.4	1:51	-0.9	2:19	-0.7	6:27	6:01	
6	Thu	9:02	4.5	9:21	4.4	2:37	-0.8	3:01	-0.6	6:26	6:02	
7	Fri	9:45	4.2	10:05	4.3	3:23	-0.6	3:42	-0.4	6:24	6:03	
8	Sat	10:27	3.9	10:49	4.2	4:09	-0.4	4:24	-0.2	6:23	6:04	
9	Sun			12:10	3.6	5:56	-0.1	6:08	0.0	7:21	7:05	
10	Mon	12:34	4.0	12:55	3.3	6:45	0.2	6:54	0.2	7:20	7:06	
11	Tue	1:23	3.8	1:43	3.1	7:36	0.4	7:43	0.4	7:18	7:07	
12	Wed	2:16	3.6	2:38	3.0	8:30	0.6	8:35	0.5	7:17	7:07	
13	Thu	3:15	3.6	3:36	2.9	9:26	0.7	9:30	0.5	7:15	7:08	
14	Fri	4:16	3.6	4:35	3.1	10:22	0.7	10:26	0.5	7:14	7:09	
15	Sat	5:12	3.8	5:29	3.3	11:16	0.6	11:21	0.3	7:12	7:10	
16	Sun	6:02	4.0	6:17	3.6			12:04	0.5	7:11	7:11	
17	Mon	6:47	4.2	7:02	3.9	12:11	0.1	12:48	0.3	7:09	7:12	
18	Tue	7:31	4.4	7:46	4.2	12:59	-0.1	1:30	0.1	7:08	7:13	
19	Wed	8:13	4.6	8:29	4.5	1:44	-0.2	2:10	-0.1	7:06	7:14	
20	Thu	8:55	4.7	9:13	4.7	2:28	-0.4	2:50	-0.3	7:05	7:15	
21	Fri	9:38	4.6	9:57	4.9	3:13	-0.5	3:31	-0.3	7:03	7:16	
22	Sat	10:22	4.5	10:43	5.0	3:59	-0.5	4:14	-0.3	7:02	7:17	
23	Sun	11:07	4.4	11:30	5.0	4:48	-0.4	5:00	-0.3	7:00	7:18	
24	Mon	11:54	4.1			5:40	-0.3	5:50	-0.2	6:59	7:18	
25	Tue	12:22	4.8	12:46	3.8	6:36	-0.1	6:45	-0.1	6:57	7:19	
26	Wed	1:18	4.7	1:44	3.6	7:36	0.0	7:45	0.0	6:56	7:20	
27	Thu	2:20	4.5	2:48	3.5	8:39	0.1	8:49	0.0	6:54	7:21	
28	Fri	3:28	4.4	3:57	3.5	9:44	0.1	9:54	0.0	6:53	7:22	
29	Sat	4:36	4.4	5:03	3.7	10:48	0.1	11:00	-0.1	6:51	7:23	
30	Sun	5:38	4.4	6:03	3.9	11:47	-0.1			6:50	7:24	
31	Mon	6:34	4.4	6:55	4.2	12:02	-0.3	12:40	-0.2	6:48	7:25	