

































## Sand Shoal Inlet, VA - Aug 2053

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	9:51	4.1	10:12	4.8	3:36	0.3	3:37	0.2	6:08	8:10	
2	Sat	10:32	4.1	10:51	4.7	4:13	0.3	4:19	0.3	6:09	8:09	
3	Sun	11:13	4.2	11:30	4.6	4:52	0.3	5:02	0.4	6:10	8:08	
4	Mon	11:55	4.3			5:32	0.3	5:50	0.5	6:10	8:07	
5	Tue	12:12	4.4	12:41	4.4	6:16	0.3	6:42	0.6	6:11	8:06	
6	Wed	12:57	4.2	1:32	4.4	7:03	0.3	7:39	0.6	6:12	8:05	
7	Thu	1:49	4.0	2:29	4.6	7:55	0.3	8:40	0.6	6:13	8:04	
8	Fri	2:48	3.8	3:32	4.7	8:50	0.2	9:43	0.5	6:14	8:03	
9	Sat	3:51	3.8	4:35	5.0	9:49	0.1	10:47	0.4	6:15	8:02	
10	Sun	4:55	3.9	5:35	5.2	10:51	-0.1	11:49	0.2	6:15	8:00	
11	Mon	5:56	4.1	6:33	5.5	11:51	-0.3			6:16	7:59	
12	Tue	6:53	4.3	7:28	5.6	12:47	-0.1	12:50	-0.5	6:17	7:58	
13	Wed	7:49	4.5	8:21	5.7	1:41	-0.3	1:46	-0.6	6:18	7:57	
14	Thu	8:42	4.7	9:12	5.6	2:31	-0.5	2:39	-0.7	6:19	7:56	
15	Fri	9:34	4.8	10:01	5.4	3:19	-0.5	3:31	-0.6	6:20	7:54	
16	Sat	10:25	4.8	10:49	5.1	4:06	-0.5	4:23	-0.5	6:20	7:53	
17	Sun	11:15	4.8	11:36	4.7	4:53	-0.4	5:16	-0.2	6:21	7:52	
18	Mon			12:04	4.6	5:40	-0.2	6:10	0.1	6:22	7:51	
19	Tue	12:24	4.3	12:55	4.5	6:29	0.1	7:05	0.4	6:23	7:49	
20	Wed	1:13	3.9	1:48	4.3	7:18	0.3	8:03	0.6	6:24	7:48	
21	Thu	2:05	3.5	2:45	4.1	8:09	0.5	9:02	0.8	6:25	7:47	
22	Fri	3:02	3.3	3:46	4.1	9:02	0.6	10:02	0.9	6:26	7:45	
23	Sat	4:02	3.3	4:44	4.2	9:55	0.7	11:00	0.9	6:26	7:44	
24	Sun	4:59	3.3	5:36	4.3	10:49	0.6	11:51	0.8	6:27	7:43	
25	Mon	5:49	3.5	6:22	4.5	11:40	0.6			6:28	7:41	
26	Tue	6:35	3.7	7:05	4.7	12:34	0.7	12:27	0.5	6:29	7:40	
27	Wed	7:18	4.0	7:45	4.8	1:13	0.6	1:11	0.3	6:30	7:38	
28	Thu	8:00	4.2	8:25	4.9	1:50	0.5	1:52	0.2	6:30	7:37	
29	Fri	8:41	4.4	9:04	5.0	2:26	0.3	2:33	0.2	6:31	7:35	
30	Sat	9:22	4.6	9:44	4.9	3:03	0.3	3:14	0.2	6:32	7:34	
31	Sun	10:03	4.7	10:23	4.8	3:40	0.2	3:57	0.2	6:33	7:33	