

































## Sand Shoal Inlet, VA - Aug 2055

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:12	3.8	3:58	4.6	9:14	0.0	10:11	0.4	6:07	8:11	
2	Mon	4:16	3.6	5:01	4.7	10:11	0.0	11:17	0.3	6:08	8:10	
3	Tue	5:17	3.5	5:58	4.8	11:09	0.0			6:09	8:09	
4	Wed	6:14	3.5	6:50	4.8	12:18	0.3	12:05	0.0	6:10	8:08	
5	Thu	7:04	3.6	7:36	4.9	1:10	0.2	12:56	0.0	6:11	8:07	
6	Fri	7:51	3.7	8:20	4.9	1:55	0.1	1:43	-0.1	6:12	8:05	
7	Sat	8:35	3.8	9:02	4.9	2:35	0.1	2:27	-0.1	6:12	8:04	
8	Sun	9:17	3.9	9:42	4.8	3:13	0.1	3:08	0.0	6:13	8:03	
9	Mon	9:59	4.0	10:22	4.7	3:49	0.2	3:49	0.1	6:14	8:02	
10	Tue	10:40	4.0	11:01	4.5	4:26	0.2	4:30	0.2	6:15	8:01	
11	Wed	11:21	4.0	11:40	4.3	5:03	0.3	5:13	0.4	6:16	8:00	
12	Thu			12:03	4.0	5:41	0.5	5:58	0.6	6:17	7:59	
13	Fri	12:21	4.1	12:47	4.0	6:21	0.6	6:47	0.8	6:18	7:57	
14	Sat	1:03	3.8	1:34	4.0	7:04	0.7	7:38	0.9	6:18	7:56	
15	Sun	1:50	3.6	2:26	4.1	7:50	0.7	8:33	1.0	6:19	7:55	
16	Mon	2:43	3.5	3:23	4.2	8:39	0.7	9:30	1.0	6:20	7:54	
17	Tue	3:41	3.5	4:20	4.5	9:32	0.7	10:28	0.9	6:21	7:52	
18	Wed	4:39	3.6	5:16	4.8	10:28	0.5	11:26	0.7	6:22	7:51	
19	Thu	5:34	3.8	6:09	5.1	11:24	0.3			6:23	7:50	
20	Fri	6:28	4.0	7:00	5.4	12:20	0.4	12:19	0.1	6:23	7:49	
21	Sat	7:19	4.3	7:51	5.6	1:11	0.2	1:13	-0.2	6:24	7:47	
22	Sun	8:10	4.6	8:40	5.7	2:00	-0.1	2:05	-0.4	6:25	7:46	
23	Mon	9:01	4.9	9:30	5.7	2:47	-0.3	2:57	-0.5	6:26	7:45	
24	Tue	9:52	5.1	10:19	5.6	3:34	-0.4	3:49	-0.5	6:27	7:43	
25	Wed	10:44	5.2	11:08	5.2	4:22	-0.4	4:43	-0.4	6:28	7:42	
26	Thu	11:36	5.2	11:59	4.8	5:11	-0.4	5:40	-0.2	6:28	7:40	
27	Fri			12:30	5.1	6:02	-0.2	6:40	0.0	6:29	7:39	
28	Sat	12:52	4.4	1:28	4.9	6:56	-0.1	7:43	0.3	6:30	7:38	
29	Sun	1:49	4.0	2:30	4.7	7:52	0.1	8:48	0.4	6:31	7:36	
30	Mon	2:52	3.6	3:37	4.6	8:51	0.3	9:56	0.5	6:32	7:35	
31	Tue	3:59	3.5	4:44	4.6	9:52	0.3	11:03	0.6	6:33	7:33	