


































Sand Shoal Inlet, VA - Mar 2016

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 7:21 | 5.1 | 7:38 | 4.4 | 12:45 | -0.7 | 1:26 | -0.4 | 6:32 | 5:57 |  |
| 2 | Thu | 8:09 | 5.2 | 8:27 | 4.6 | 1:35 | -0.8 | 2:11 | -0.6 | 6:31 | 5:58 |  |
| 3 | Fri | 8:56 | 5.1 | 9:16 | 4.8 | 2:25 | -0.9 | 2:56 | -0.7 | 6:29 | 5:59 |  |
| 4 | Sat | 9:44 | 4.9 | 10:06 | 4.9 | 3:16 | -0.9 | 3:42 | -0.7 | 6:28 | 6:00 |  |
| 5 | Sun | 10:32 | 4.5 | 10:58 | 4.8 | 4:10 | -0.7 | 4:31 | -0.6 | 6:27 | 6:01 |  |
| 6 | Mon | 11:22 | 4.1 | 11:52 | 4.6 | 5:06 | -0.5 | 5:23 | -0.4 | 6:25 | 6:02 |  |
| 7 | Tue | | | 12:16 | 3.7 | 6:07 | -0.3 | 6:18 | -0.3 | 6:24 | 6:03 |  |
| 8 | Wed | 12:52 | 4.4 | 1:16 | 3.3 | 7:10 | 0.0 | 7:17 | -0.1 | 6:22 | 6:04 |  |
| 9 | Thu | 1:57 | 4.2 | 2:22 | 3.1 | 8:17 | 0.1 | 8:19 | 0.0 | 6:21 | 6:05 |  |
| 10 | Fri | 3:08 | 4.1 | 3:32 | 3.0 | 9:27 | 0.2 | 9:24 | 0.0 | 6:19 | 6:06 |  |
| 11 | Sat | 4:16 | 4.1 | 4:36 | 3.1 | 10:33 | 0.2 | 10:27 | -0.1 | 6:18 | 6:07 |  |
| 12 | Sun | 6:15 | 4.2 | 6:30 | 3.3 | | | 12:30 | 0.1 | 7:16 | 7:08 |  |
| 13 | Mon | 7:04 | 4.2 | 7:16 | 3.5 | 12:25 | -0.2 | 1:16 | 0.0 | 7:15 | 7:09 |  |
| 14 | Tue | 7:47 | 4.3 | 7:58 | 3.7 | 1:14 | -0.3 | 1:55 | 0.0 | 7:13 | 7:10 |  |
| 15 | Wed | 8:27 | 4.3 | 8:38 | 3.9 | 1:57 | -0.3 | 2:29 | -0.1 | 7:12 | 7:10 |  |
| 16 | Thu | 9:04 | 4.3 | 9:17 | 4.0 | 2:37 | -0.3 | 3:03 | -0.1 | 7:10 | 7:11 |  |
| 17 | Fri | 9:42 | 4.2 | 9:55 | 4.1 | 3:16 | -0.3 | 3:36 | 0.0 | 7:09 | 7:12 |  |
| 18 | Sat | 10:19 | 4.1 | 10:34 | 4.2 | 3:55 | -0.2 | 4:10 | 0.0 | 7:07 | 7:13 |  |
| 19 | Sun | 10:57 | 3.9 | 11:13 | 4.2 | 4:34 | -0.1 | 4:46 | 0.2 | 7:06 | 7:14 |  |
| 20 | Mon | 11:35 | 3.7 | 11:53 | 4.1 | 5:15 | 0.1 | 5:23 | 0.3 | 7:04 | 7:15 |  |
| 21 | Tue | | | 12:14 | 3.5 | 5:58 | 0.3 | 6:03 | 0.4 | 7:03 | 7:16 |  |
| 22 | Wed | 12:36 | 4.0 | 12:57 | 3.3 | 6:45 | 0.5 | 6:48 | 0.6 | 7:01 | 7:17 |  |
| 23 | Thu | 1:23 | 3.9 | 1:46 | 3.1 | 7:37 | 0.7 | 7:39 | 0.6 | 7:00 | 7:18 |  |
| 24 | Fri | 2:18 | 3.9 | 2:42 | 3.1 | 8:32 | 0.7 | 8:35 | 0.6 | 6:58 | 7:19 |  |
| 25 | Sat | 3:19 | 4.0 | 3:44 | 3.2 | 9:31 | 0.7 | 9:34 | 0.5 | 6:57 | 7:20 |  |
| 26 | Sun | 4:21 | 4.1 | 4:44 | 3.4 | 10:30 | 0.6 | 10:35 | 0.3 | 6:55 | 7:20 |  |
| 27 | Mon | 5:19 | 4.4 | 5:41 | 3.7 | 11:26 | 0.3 | 11:35 | 0.0 | 6:54 | 7:21 |  |
| 28 | Tue | 6:13 | 4.7 | 6:34 | 4.1 | | | 12:19 | 0.1 | 6:52 | 7:22 |  |
| 29 | Wed | 7:05 | 4.9 | 7:25 | 4.6 | 12:31 | -0.3 | 1:09 | -0.2 | 6:51 | 7:23 |  |
| 30 | Thu | 7:54 | 5.1 | 8:15 | 5.0 | 1:26 | -0.6 | 1:56 | -0.5 | 6:50 | 7:24 |  |
| 31 | Fri | 8:44 | 5.1 | 9:05 | 5.2 | 2:18 | -0.8 | 2:42 | -0.7 | 6:48 | 7:25 |  |