

































Sand Shoal Inlet, VA - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:24	4.4	4:44	3.2	10:42	0.0	10:38	-0.3	6:33	5:57	
2	Fri	5:25	4.6	5:42	3.4	11:41	-0.1	11:37	-0.5	6:31	5:58	
3	Sat	6:19	4.7	6:34	3.7			12:32	-0.3	6:30	5:59	
4	Sun	7:08	4.7	7:22	3.9	12:31	-0.6	1:17	-0.4	6:28	6:00	
5	Mon	7:54	4.7	8:08	4.0	1:20	-0.7	1:58	-0.4	6:27	6:01	
6	Tue	8:36	4.5	8:51	4.1	2:06	-0.7	2:37	-0.4	6:25	6:02	
7	Wed	9:17	4.3	9:33	4.2	2:50	-0.6	3:15	-0.3	6:24	6:03	
8	Thu	9:57	4.1	10:14	4.1	3:34	-0.4	3:53	-0.2	6:23	6:04	
9	Fri	10:37	3.8	10:56	4.0	4:18	-0.2	4:31	0.0	6:21	6:05	
10	Sat	11:17	3.5	11:40	3.9	5:03	0.1	5:12	0.2	6:20	6:06	
11	Sun			1:01	3.2	6:51	0.3	6:56	0.4	7:18	7:07	
12	Mon	1:28	3.8	1:49	3.0	7:42	0.6	7:44	0.5	7:17	7:07	
13	Tue	2:22	3.6	2:44	2.8	8:37	0.7	8:36	0.6	7:15	7:08	
14	Wed	3:22	3.6	3:44	2.8	9:34	0.8	9:33	0.6	7:14	7:09	
15	Thu	4:23	3.7	4:43	3.0	10:32	0.8	10:30	0.5	7:12	7:10	
16	Fri	5:20	3.9	5:37	3.2	11:27	0.7	11:26	0.3	7:11	7:11	
17	Sat	6:11	4.2	6:26	3.5			12:17	0.5	7:09	7:12	
18	Sun	6:58	4.5	7:12	3.9	12:18	0.1	1:01	0.2	7:08	7:13	
19	Mon	7:42	4.7	7:57	4.2	1:07	-0.2	1:44	0.0	7:06	7:14	
20	Tue	8:26	4.8	8:42	4.5	1:54	-0.4	2:25	-0.2	7:05	7:15	
21	Wed	9:09	4.8	9:27	4.8	2:41	-0.6	3:06	-0.4	7:03	7:16	
22	Thu	9:54	4.8	10:14	5.0	3:28	-0.6	3:48	-0.4	7:02	7:17	
23	Fri	10:39	4.6	11:01	5.1	4:17	-0.6	4:32	-0.4	7:00	7:18	
24	Sat	11:26	4.3	11:51	5.0	5:09	-0.5	5:19	-0.3	6:59	7:18	
25	Sun			12:15	3.9	6:04	-0.3	6:11	-0.2	6:57	7:19	
26	Mon	12:45	4.8	1:10	3.6	7:04	-0.1	7:08	-0.1	6:56	7:20	
27	Tue	1:44	4.6	2:11	3.3	8:07	0.1	8:09	0.0	6:54	7:21	
28	Wed	2:51	4.4	3:20	3.2	9:14	0.2	9:15	0.1	6:53	7:22	
29	Thu	4:03	4.3	4:31	3.2	10:22	0.2	10:23	0.1	6:51	7:23	
30	Fri	5:11	4.3	5:36	3.4	11:26	0.2	11:28	-0.1	6:50	7:24	
31	Sat	6:11	4.4	6:31	3.7			12:22	0.1	6:48	7:25	