

































Sand Shoal Inlet, VA - May 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:19	4.0	7:39	4.4	1:05	0.0	1:16	0.0	6:07	7:53	
2	Wed	7:59	3.9	8:18	4.6	1:49	-0.1	1:52	0.0	6:06	7:53	
3	Thu	8:38	3.9	8:56	4.7	2:29	-0.1	2:28	0.0	6:05	7:54	
4	Fri	9:18	3.8	9:35	4.7	3:08	-0.1	3:03	0.1	6:03	7:55	
5	Sat	9:57	3.7	10:15	4.7	3:46	0.0	3:39	0.2	6:02	7:56	
6	Sun	10:37	3.6	10:55	4.6	4:25	0.2	4:17	0.3	6:01	7:57	
7	Mon	11:18	3.4	11:37	4.5	5:07	0.3	4:57	0.5	6:00	7:58	
8	Tue			12:00	3.3	5:50	0.5	5:41	0.6	5:59	7:59	
9	Wed	12:21	4.3	12:45	3.2	6:37	0.6	6:29	0.7	5:58	8:00	
10	Thu	1:08	4.2	1:35	3.2	7:27	0.7	7:22	0.8	5:58	8:01	
11	Fri	2:00	4.1	2:30	3.2	8:18	0.8	8:19	0.8	5:57	8:01	
12	Sat	2:57	4.1	3:29	3.4	9:09	0.7	9:19	0.7	5:56	8:02	
13	Sun	3:54	4.1	4:26	3.8	10:01	0.5	10:18	0.5	5:55	8:03	
14	Mon	4:50	4.2	5:20	4.2	10:51	0.3	11:18	0.3	5:54	8:04	
15	Tue	5:42	4.3	6:11	4.7	11:41	0.1			5:53	8:05	
16	Wed	6:33	4.4	7:01	5.2	12:15	0.0	12:30	-0.2	5:52	8:06	
17	Thu	7:24	4.4	7:50	5.6	1:10	-0.3	1:18	-0.4	5:52	8:07	
18	Fri	8:15	4.4	8:41	5.8	2:03	-0.5	2:06	-0.5	5:51	8:07	
19	Sat	9:06	4.3	9:33	5.9	2:55	-0.6	2:55	-0.6	5:50	8:08	
20	Sun	9:58	4.2	10:26	5.8	3:48	-0.6	3:45	-0.6	5:49	8:09	
21	Mon	10:51	4.0	11:19	5.6	4:42	-0.5	4:38	-0.4	5:49	8:10	
22	Tue	11:46	3.8			5:39	-0.3	5:35	-0.3	5:48	8:11	
23	Wed	12:15	5.2	12:43	3.7	6:38	-0.1	6:36	0.0	5:48	8:11	
24	Thu	1:13	4.8	1:45	3.5	7:38	0.0	7:40	0.1	5:47	8:12	
25	Fri	2:14	4.5	2:52	3.5	8:37	0.1	8:46	0.3	5:46	8:13	
26	Sat	3:18	4.1	3:59	3.6	9:34	0.2	9:52	0.4	5:46	8:14	
27	Sun	4:21	3.9	4:59	3.8	10:27	0.2	10:56	0.4	5:45	8:14	
28	Mon	5:16	3.7	5:49	4.1	11:16	0.2	11:55	0.3	5:45	8:15	
29	Tue	6:04	3.6	6:32	4.3	11:59	0.2			5:45	8:16	
30	Wed	6:47	3.6	7:12	4.5	12:45	0.3	12:39	0.2	5:44	8:17	
31	Thu	7:28	3.5	7:51	4.6	1:29	0.2	1:17	0.1	5:44	8:17	