

































## Sand Shoal Inlet, VA - Aug 2058

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:38	3.7	6:17	5.4	11:29	0.0			6:08	8:10	
2	Fri	6:36	3.9	7:13	5.7	12:35	0.2	12:28	-0.3	6:09	8:09	
3	Sat	7:32	4.1	8:08	5.8	1:31	-0.1	1:25	-0.5	6:09	8:08	
4	Sun	8:27	4.3	9:01	5.9	2:23	-0.3	2:20	-0.6	6:10	8:07	
5	Mon	9:22	4.4	9:53	5.7	3:13	-0.4	3:14	-0.7	6:11	8:06	
6	Tue	10:15	4.6	10:44	5.5	4:02	-0.4	4:09	-0.6	6:12	8:05	
7	Wed	11:08	4.6	11:33	5.1	4:51	-0.4	5:04	-0.4	6:13	8:04	
8	Thu			12:00	4.6	5:40	-0.3	6:02	-0.1	6:14	8:03	
9	Fri	12:23	4.6	12:54	4.5	6:30	-0.1	7:02	0.2	6:14	8:02	
10	Sat	1:14	4.1	1:50	4.4	7:20	0.1	8:04	0.4	6:15	8:01	
11	Sun	2:08	3.6	2:50	4.3	8:11	0.3	9:08	0.6	6:16	8:00	
12	Mon	3:07	3.3	3:52	4.3	9:04	0.4	10:14	0.7	6:17	7:58	
13	Tue	4:08	3.1	4:52	4.3	9:58	0.5	11:18	0.8	6:18	7:57	
14	Wed	5:07	3.1	5:46	4.4	10:53	0.6			6:19	7:56	
15	Thu	5:59	3.2	6:34	4.5	12:14	0.7	11:45 AM	0.5	6:19	7:55	
16	Fri	6:45	3.3	7:17	4.6	12:59	0.7	12:33	0.4	6:20	7:53	
17	Sat	7:27	3.5	7:57	4.7	1:36	0.6	1:17	0.3	6:21	7:52	
18	Sun	8:08	3.7	8:37	4.8	2:11	0.5	1:58	0.2	6:22	7:51	
19	Mon	8:49	3.9	9:15	4.9	2:44	0.5	2:37	0.2	6:23	7:50	
20	Tue	9:29	4.1	9:52	4.8	3:18	0.4	3:16	0.2	6:24	7:48	
21	Wed	10:08	4.2	10:29	4.7	3:52	0.4	3:56	0.3	6:25	7:47	
22	Thu	10:47	4.3	11:06	4.5	4:27	0.4	4:38	0.4	6:25	7:46	
23	Fri	11:27	4.4	11:45	4.3	5:03	0.5	5:22	0.5	6:26	7:44	
24	Sat			12:09	4.4	5:42	0.5	6:11	0.6	6:27	7:43	
25	Sun	12:25	4.1	12:55	4.5	6:24	0.6	7:05	0.7	6:28	7:41	
26	Mon	1:12	3.8	1:48	4.6	7:12	0.6	8:04	0.8	6:29	7:40	
27	Tue	2:07	3.6	2:49	4.7	8:06	0.6	9:07	0.8	6:29	7:39	
28	Wed	3:10	3.5	3:55	4.9	9:05	0.5	10:12	0.7	6:30	7:37	
29	Thu	4:17	3.6	4:59	5.1	10:08	0.3	11:17	0.5	6:31	7:36	
30	Fri	5:21	3.8	6:00	5.4	11:12	0.1			6:32	7:34	
31	Sat	6:20	4.0	6:57	5.6	12:17	0.3	12:14	-0.2	6:33	7:33	