US HARBORS www.USHarbors.com

Sand Shoal Inlet, VA - Jul 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:02	4.8	1:37	4.1	7:19	-0.1	7:36	0.1	5:46	8:27	
2	Wed	1:58	4.4	2:39	4.2	8:11	-0.1	8:42	0.2	5:47	8:27	
3	Thu	2:57	4.0	3:42	4.4	9:04	0.0	9:48	0.3	5:47	8:27	
4	Fri	3:58	3.7	4:43	4.6	9:57	0.0	10:55	0.3	5:48	8:27	
5	Sat	4:58	3.5	5:39	4.7	10:51	0.0	11:59	0.2	5:48	8:27	
6	Sun	5:54	3.4	6:32	4.9	11:44	0.0			5:49	8:26	
7	Mon	6:47	3.3	7:20	4.9	12:56	0.2	12:35	-0.1	5:49	8:26	
8	Tue	7:35	3.3	8:07	5.0	1:46	0.1	1:23	-0.1	5:50	8:26	
9	Wed	8:22	3.4	8:52	4.9	2:31	0.1	2:09	-0.1	5:50	8:26	
10	Thu	9:07	3.4	9:35	4.9	3:12	0.1	2:53	0.0	5:51	8:25	
11	Fri	9:50	3.5	10:17	4.8	3:52	0.2	3:35	0.0	5:52	8:25	
12	Sat	10:33	3.5	10:58	4.6	4:31	0.3	4:18	0.2	5:52	8:25	
13	Sun	11:16	3.5	11:39	4.4	5:10	0.4	5:02	0.3	5:53	8:24	
14	Mon	11:59	3.6			5:49	0.5	5:47	0.5	5:54	8:24	
15	Tue	12:19	4.2	12:44	3.6	6:28	0.5	6:36	0.7	5:54	8:23	
16	Wed	1:01	3.9	1:30	3.7	7:09	0.6	7:27	0.8	5:55	8:23	
17	Thu	1:46	3.7	2:20	3.8	7:50	0.6	8:21	0.9	5:56	8:22	
18	Fri	2:35	3.5	3:14	4.0	8:34	0.7	9:17	0.9	5:56	8:21	
19	Sat	3:28	3.4	4:08	4.2	9:21	0.6	10:15	0.8	5:57	8:21	
20	Sun	4:24	3.3	5:02	4.5	10:11	0.5	11:13	0.7	5:58	8:20	
21	Mon	5:19	3.4	5:55	4.8	11:05	0.4			5:59	8:20	
22	Tue	6:12	3.5	6:47	5.2	12:10	0.5	11:59 AM	0.2	6:00	8:19	
23	Wed	7:04	3.7	7:38	5.4	1:04	0.3	12:52	-0.1	6:00	8:18	
24	Thu	7:56	3.9	8:29	5.6	1:55	0.1	1:45	-0.3	6:01	8:17	
25	Fri	8:48	4.1	9:20	5.7	2:44	-0.1	2:37	-0.4	6:02	8:17	
26	Sat	9:40	4.2	10:10	5.7	3:32	-0.2	3:29	-0.5	6:03	8:16	
27	Sun	10:32	4.4	11:00	5.5	4:20	-0.3	4:23	-0.4	6:03	8:15	
28	Mon	11:25	4.5	11:50	5.1	5:09	-0.3	5:20	-0.3	6:04	8:14	
29	Tue			12:19	4.6	5:58	-0.3	6:19	-0.1	6:05	8:13	
30	Wed	12:41	4.7	1:15	4.6	6:49	-0.2	7:21	0.1	6:06	8:12	
31	Thu	1:34	4.2	2:14	4.6	7:41	0.0	8:26	0.3	6:07	8:11	