

































Sand Shoal Inlet, VA - Aug 2059

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:32	3.7	3:18	4.5	8:35	0.1	9:34	0.4	6:08	8:11	
2	Sat	3:35	3.4	4:22	4.6	9:30	0.2	10:42	0.5	6:08	8:10	
3	Sun	4:39	3.2	5:23	4.6	10:27	0.2	11:48	0.5	6:09	8:09	
4	Mon	5:38	3.2	6:18	4.7	11:24	0.2			6:10	8:08	
5	Tue	6:31	3.2	7:07	4.7	12:45	0.4	12:18	0.2	6:11	8:07	
6	Wed	7:18	3.3	7:51	4.8	1:33	0.4	1:08	0.1	6:12	8:05	
7	Thu	8:02	3.5	8:33	4.8	2:12	0.4	1:52	0.1	6:13	8:04	
8	Fri	8:44	3.6	9:13	4.8	2:49	0.3	2:33	0.1	6:13	8:03	
9	Sat	9:25	3.8	9:51	4.8	3:23	0.3	3:14	0.1	6:14	8:02	
10	Sun	10:05	3.9	10:29	4.6	3:57	0.4	3:53	0.2	6:15	8:01	
11	Mon	10:45	4.0	11:06	4.4	4:31	0.4	4:34	0.4	6:16	8:00	
12	Tue	11:25	4.0	11:44	4.2	5:06	0.5	5:17	0.5	6:17	7:59	
13	Wed			12:06	4.1	5:42	0.6	6:02	0.7	6:18	7:57	
14	Thu	12:22	4.0	12:49	4.1	6:21	0.7	6:51	0.8	6:18	7:56	
15	Fri	1:04	3.7	1:36	4.1	7:02	0.7	7:44	1.0	6:19	7:55	
16	Sat	1:51	3.5	2:29	4.2	7:48	0.8	8:41	1.0	6:20	7:54	
17	Sun	2:45	3.4	3:28	4.4	8:39	0.7	9:41	1.0	6:21	7:52	
18	Mon	3:46	3.3	4:29	4.6	9:35	0.6	10:43	0.8	6:22	7:51	
19	Tue	4:48	3.4	5:28	4.9	10:35	0.5	11:43	0.6	6:23	7:50	
20	Wed	5:46	3.6	6:24	5.3	11:35	0.2			6:23	7:49	
21	Thu	6:41	3.9	7:17	5.6	12:40	0.4	12:33	-0.1	6:24	7:47	
22	Fri	7:35	4.2	8:09	5.7	1:31	0.1	1:28	-0.3	6:25	7:46	
23	Sat	8:28	4.6	8:59	5.8	2:20	-0.1	2:22	-0.5	6:26	7:45	
24	Sun	9:20	4.8	9:49	5.7	3:06	-0.3	3:15	-0.6	6:27	7:43	
25	Mon	10:11	5.1	10:38	5.4	3:52	-0.4	4:09	-0.5	6:28	7:42	
26	Tue	11:03	5.2	11:27	4.9	4:39	-0.4	5:04	-0.3	6:28	7:40	
27	Wed	11:55	5.1			5:27	-0.3	6:03	-0.1	6:29	7:39	
28	Thu	12:17	4.5	12:49	5.0	6:17	-0.1	7:04	0.2	6:30	7:38	
29	Fri	1:09	4.0	1:47	4.8	7:10	0.1	8:08	0.5	6:31	7:36	
30	Sat	2:07	3.5	2:51	4.6	8:06	0.3	9:16	0.6	6:32	7:35	
31	Sun	3:12	3.3	3:59	4.5	9:05	0.5	10:27	0.7	6:33	7:33	