

































## Sand Shoal Inlet, VA - Mar 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:05	4.9	6:21	4.1			12:13	-0.2	6:32	5:57	
2	Sun	6:55	5.1	7:13	4.5	12:19	-0.8	1:00	-0.5	6:31	5:58	
3	Mon	7:44	5.1	8:04	4.8	1:13	-1.0	1:45	-0.7	6:29	5:59	
4	Tue	8:33	5.0	8:54	5.1	2:05	-1.0	2:30	-0.8	6:28	6:00	
5	Wed	9:20	4.7	9:44	5.1	2:58	-1.0	3:15	-0.8	6:26	6:01	
6	Thu	10:08	4.3	10:35	5.0	3:51	-0.8	4:02	-0.7	6:25	6:02	
7	Fri	10:57	3.9	11:27	4.8	4:47	-0.5	4:52	-0.5	6:24	6:03	
8	Sat	11:48	3.4			5:45	-0.2	5:46	-0.2	6:22	6:04	
9	Sun	12:24	4.4	1:45	3.0	7:48	0.1	7:44	0.0	7:21	7:05	
10	Mon	2:28	4.1	2:49	2.8	8:55	0.4	8:47	0.2	7:19	7:06	
11	Tue	3:41	3.9	4:01	2.7	10:06	0.5	9:53	0.2	7:18	7:07	
12	Wed	4:54	3.8	5:09	2.8	11:15	0.5	10:59	0.2	7:16	7:08	
13	Thu	5:55	3.9	6:04	3.0			12:11	0.5	7:15	7:09	
14	Fri	6:42	3.9	6:48	3.3			12:53	0.4	7:13	7:10	
15	Sat	7:21	4.0	7:28	3.6	12:46	0.0	1:26	0.3	7:12	7:11	
16	Sun	7:57	4.1	8:06	3.8	1:28	-0.1	1:57	0.2	7:10	7:11	
17	Mon	8:32	4.1	8:43	4.1	2:07	-0.1	2:27	0.1	7:09	7:12	
18	Tue	9:07	4.0	9:20	4.2	2:44	-0.1	2:58	0.1	7:07	7:13	
19	Wed	9:43	3.9	9:57	4.3	3:21	-0.1	3:30	0.1	7:06	7:14	
20	Thu	10:19	3.8	10:35	4.4	3:59	0.0	4:03	0.2	7:04	7:15	
21	Fri	10:55	3.6	11:13	4.3	4:38	0.1	4:38	0.3	7:03	7:16	
22	Sat	11:33	3.4	11:54	4.3	5:19	0.3	5:16	0.4	7:01	7:17	
23	Sun			12:12	3.3	6:05	0.5	5:59	0.4	7:00	7:18	
24	Mon	12:39	4.2	12:58	3.1	6:57	0.6	6:50	0.5	6:58	7:19	
25	Tue	1:33	4.1	1:53	3.0	7:54	0.7	7:49	0.5	6:57	7:20	
26	Wed	2:35	4.1	2:57	3.1	8:54	0.7	8:53	0.4	6:55	7:21	
27	Thu	3:42	4.2	4:05	3.3	9:56	0.6	9:58	0.2	6:54	7:21	
28	Fri	4:46	4.4	5:08	3.6	10:55	0.3	11:03	0.0	6:52	7:22	
29	Sat	5:44	4.6	6:06	4.1	11:50	0.1			6:51	7:23	
30	Sun	6:38	4.8	7:00	4.6	12:06	-0.3	12:41	-0.3	6:49	7:24	
31	Mon	7:29	4.8	7:51	5.1	1:04	-0.6	1:29	-0.5	6:48	7:25	