

































Sand Shoal Inlet, VA - Mar 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:22	4.8	5:41	4.1	11:30	-0.2	11:41	-0.7	6:32	5:57	
2	Fri	6:16	5.0	6:35	4.5			12:22	-0.5	6:31	5:58	
3	Sat	7:08	5.1	7:28	4.8	12:37	-1.0	1:11	-0.8	6:29	5:59	
4	Sun	7:58	5.1	8:20	5.0	1:31	-1.1	1:58	-0.9	6:28	6:00	
5	Mon	8:47	4.9	9:10	5.1	2:23	-1.1	2:44	-0.9	6:26	6:01	
6	Tue	9:36	4.6	10:01	5.0	3:15	-1.0	3:32	-0.9	6:25	6:02	
7	Wed	10:25	4.2	10:52	4.8	4:09	-0.7	4:21	-0.7	6:24	6:03	
8	Thu	11:14	3.8	11:45	4.5	5:04	-0.4	5:13	-0.4	6:22	6:04	
9	Fri			12:06	3.4	6:02	-0.1	6:08	-0.2	6:21	6:05	
10	Sat	12:43	4.2	1:03	3.1	7:04	0.2	7:06	0.1	6:19	6:06	
11	Sun	1:46	3.9	3:07	2.9	9:08	0.4	9:07	0.2	7:18	7:07	
12	Mon	3:55	3.7	4:14	2.9	10:13	0.5	10:09	0.3	7:16	7:08	
13	Tue	5:00	3.7	5:14	3.0	11:14	0.5	11:09	0.2	7:15	7:09	
14	Wed	5:54	3.8	6:04	3.2			12:04	0.4	7:13	7:10	
15	Thu	6:38	3.9	6:48	3.5	12:03	0.1	12:44	0.3	7:12	7:11	
16	Fri	7:17	4.0	7:28	3.8	12:49	0.0	1:19	0.2	7:10	7:11	
17	Sat	7:55	4.0	8:07	4.0	1:30	-0.1	1:52	0.1	7:09	7:12	
18	Sun	8:32	4.1	8:46	4.2	2:08	-0.1	2:25	0.1	7:07	7:13	
19	Mon	9:09	4.1	9:24	4.4	2:46	-0.1	2:59	0.0	7:06	7:14	
20	Tue	9:46	4.0	10:02	4.5	3:24	-0.1	3:34	0.1	7:04	7:15	
21	Wed	10:24	3.9	10:41	4.5	4:03	0.0	4:10	0.1	7:03	7:16	
22	Thu	11:02	3.8	11:21	4.5	4:43	0.1	4:48	0.2	7:01	7:17	
23	Fri	11:41	3.6			5:27	0.2	5:29	0.3	7:00	7:18	
24	Sat	12:04	4.4	12:24	3.5	6:15	0.4	6:17	0.3	6:58	7:19	
25	Sun	12:53	4.3	1:14	3.4	7:09	0.5	7:11	0.3	6:57	7:20	
26	Mon	1:49	4.3	2:12	3.3	8:06	0.5	8:11	0.3	6:55	7:21	
27	Tue	2:51	4.3	3:17	3.4	9:07	0.4	9:15	0.2	6:54	7:21	
28	Wed	3:57	4.4	4:23	3.7	10:07	0.3	10:21	0.0	6:52	7:22	
29	Thu	4:59	4.5	5:25	4.1	11:06	0.1	11:25	-0.3	6:51	7:23	
30	Fri	5:58	4.7	6:22	4.5			12:02	-0.2	6:49	7:24	
31	Sat	6:52	4.8	7:16	4.9	12:26	-0.5	12:54	-0.5	6:48	7:25	