US HARBORS www.USHarbors.com

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	