

Sand Shoal Inlet, VA - Aug 2078

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:19	3.8	3:03	4.7	8:22	0.1	9:19	0.4	6:08	8:10	
2	Tue	3:21	3.5	4:08	4.8	9:19	0.1	10:26	0.4	6:09	8:09	
3	Wed	4:26	3.4	5:12	5.0	10:18	0.1	11:34	0.4	6:10	8:08	
4	Thu	5:30	3.4	6:12	5.1	11:19	0.0			6:10	8:07	
5	Fri	6:28	3.5	7:07	5.2	12:36	0.3	12:19	-0.1	6:11	8:06	
6	Sat	7:22	3.6	7:59	5.2	1:30	0.1	1:14	-0.2	6:12	8:05	
7	Sun	8:13	3.7	8:46	5.2	2:18	0.1	2:05	-0.3	6:13	8:04	
8	Mon	9:01	3.9	9:31	5.1	3:01	0.0	2:52	-0.2	6:14	8:03	
9	Tue	9:47	4.0	10:13	4.9	3:41	0.0	3:38	-0.1	6:15	8:02	
10	Wed	10:30	4.1	10:54	4.6	4:20	0.1	4:23	0.0	6:15	8:01	
11	Thu	11:13	4.1	11:34	4.3	4:58	0.2	5:08	0.2	6:16	7:59	
12	Fri	11:56	4.1			5:36	0.4	5:55	0.5	6:17	7:58	
13	Sat	12:14	4.0	12:40	4.1	6:15	0.5	6:44	0.7	6:18	7:57	
14	Sun	12:56	3.7	1:26	4.0	6:56	0.7	7:36	0.9	6:19	7:56	
15	Mon	1:42	3.4	2:18	4.0	7:39	0.8	8:30	1.0	6:20	7:55	
16	Tue	2:34	3.2	3:14	4.1	8:27	0.9	9:27	1.1	6:20	7:53	
17	Wed	3:31	3.1	4:13	4.2	9:18	0.9	10:26	1.1	6:21	7:52	
18	Thu	4:30	3.1	5:09	4.4	10:13	0.8	11:23	1.0	6:22	7:51	
19	Fri	5:25	3.3	6:02	4.6	11:08	0.7			6:23	7:49	
20	Sat	6:16	3.5	6:50	4.9	12:16	0.8	12:02	0.5	6:24	7:48	
21	Sun	7:04	3.8	7:36	5.2	1:03	0.6	12:53	0.2	6:25	7:47	
22	Mon	7:51	4.1	8:21	5.4	1:46	0.4	1:41	0.0	6:26	7:45	
23	Tue	8:38	4.4	9:06	5.5	2:28	0.2	2:29	-0.2	6:26	7:44	
24	Wed	9:24	4.6	9:50	5.4	3:10	0.0	3:17	-0.2	6:27	7:43	
25	Thu	10:12	4.9	10:35	5.2	3:52	-0.1	4:07	-0.2	6:28	7:41	
26	Fri	11:00	5.0	11:21	4.9	4:35	-0.1	4:59	-0.1	6:29	7:40	
27	Sat	11:49	5.1			5:21	-0.1	5:56	0.1	6:30	7:38	
28	Sun	12:10	4.5	12:42	5.1	6:10	0.0	6:56	0.3	6:30	7:37	
29	Mon	1:02	4.0	1:40	5.0	7:02	0.1	8:00	0.5	6:31	7:36	
30	Tue	2:00	3.7	2:44	4.9	7:59	0.2	9:08	0.6	6:32	7:34	
31	Wed	3:06	3.4	3:54	4.8	9:01	0.3	10:18	0.6	6:33	7:33	