

Sand Shoal Inlet, VA - Jan 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:19	3.5	2:33	3.0	8:21	0.7	8:26	0.4	7:17	4:56	
2	Mon	3:14	3.7	3:27	2.9	9:19	0.7	9:15	0.3	7:17	4:57	
3	Tue	4:07	3.9	4:20	3.0	10:16	0.6	10:06	0.2	7:17	4:58	
4	Wed	4:58	4.2	5:11	3.1	11:11	0.4	10:57	0.0	7:17	4:58	
5	Thu	5:47	4.5	5:59	3.2			12:01	0.2	7:17	4:59	
6	Fri	6:35	4.8	6:48	3.3			12:49	0.0	7:17	5:00	
7	Sat	7:23	5.1	7:36	3.5	12:36	-0.4	1:35	-0.1	7:17	5:01	
8	Sun	8:10	5.2	8:25	3.7	1:25	-0.6	2:21	-0.3	7:17	5:02	
9	Mon	8:57	5.2	9:14	3.8	2:13	-0.7	3:06	-0.4	7:17	5:03	
10	Tue	9:44	5.1	10:04	3.9	3:04	-0.7	3:53	-0.4	7:17	5:04	
11	Wed	10:32	4.9	10:56	4.0	3:57	-0.6	4:40	-0.5	7:17	5:05	
12	Thu	11:20	4.5	11:50	4.1	4:53	-0.4	5:29	-0.4	7:16	5:06	
13	Fri			12:11	4.0	5:53	-0.2	6:20	-0.4	7:16	5:07	
14	Sat	12:48	4.1	1:06	3.6	6:56	0.0	7:13	-0.3	7:16	5:08	
15	Sun	1:50	4.1	2:07	3.2	8:03	0.1	8:08	-0.2	7:16	5:09	
16	Mon	2:56	4.2	3:12	2.9	9:12	0.2	9:06	-0.2	7:15	5:10	
17	Tue	4:02	4.2	4:15	2.8	10:22	0.2	10:06	-0.2	7:15	5:11	
18	Wed	5:02	4.3	5:14	2.8	11:27	0.1	11:05	-0.3	7:14	5:12	
19	Thu	5:57	4.4	6:06	2.9			12:21	0.0	7:14	5:13	
20	Fri	6:47	4.5	6:54	3.0			1:07	-0.1	7:13	5:14	
21	Sat	7:32	4.5	7:39	3.2	12:47	-0.5	1:47	-0.1	7:13	5:15	
22	Sun	8:14	4.5	8:22	3.3	1:31	-0.5	2:25	-0.1	7:12	5:16	
23	Mon	8:53	4.4	9:04	3.4	2:13	-0.5	3:00	-0.1	7:12	5:17	
24	Tue	9:31	4.3	9:44	3.4	2:54	-0.4	3:35	0.0	7:11	5:18	
25	Wed	10:09	4.1	10:25	3.5	3:35	-0.2	4:10	0.0	7:11	5:19	
26	Thu	10:46	3.8	11:06	3.5	4:18	0.0	4:46	0.1	7:10	5:21	
27	Fri	11:24	3.5	11:49	3.5	5:02	0.2	5:24	0.2	7:09	5:22	
28	Sat			12:05	3.2	5:50	0.4	6:04	0.3	7:09	5:23	
29	Sun	12:36	3.5	12:50	3.0	6:41	0.6	6:48	0.4	7:08	5:24	
30	Mon	1:28	3.5	1:42	2.8	7:37	0.7	7:37	0.4	7:07	5:25	
31	Tue	2:26	3.6	2:41	2.7	8:36	0.7	8:31	0.3	7:06	5:26	