

Sand Shoal Inlet, VA - Mar 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:44	3.8	2:02	2.8	8:00	0.7	7:56	0.4	6:33	5:57	
2	Thu	2:50	3.9	3:07	2.9	9:03	0.7	8:58	0.3	6:32	5:58	
3	Fri	3:54	4.2	4:10	3.1	10:05	0.5	10:01	0.0	6:31	5:59	
4	Sat	4:52	4.5	5:08	3.5	11:03	0.2	11:02	-0.3	6:29	5:59	
5	Sun	5:46	4.8	6:01	3.9	11:54	-0.1	11:59	-0.6	6:28	6:00	
6	Mon	6:36	5.0	6:53	4.4			12:41	-0.4	6:26	6:01	
7	Tue	7:25	5.1	7:44	4.7	12:53	-0.8	1:26	-0.6	6:25	6:02	
8	Wed	8:13	5.0	8:34	5.0	1:45	-1.0	2:11	-0.8	6:23	6:03	
9	Thu	9:01	4.8	9:23	5.2	2:37	-1.0	2:56	-0.8	6:22	6:04	
10	Fri	9:49	4.4	10:14	5.1	3:30	-0.8	3:42	-0.7	6:21	6:05	
11	Sat	10:37	4.0	11:06	4.9	4:24	-0.6	4:31	-0.5	6:19	6:06	
12	Sun	11:27	3.6			5:22	-0.3	5:23	-0.3	6:18	6:07	
13	Mon	12:01	4.6	12:22	3.2	6:24	0.0	6:21	-0.1	6:16	6:08	
14	Tue	1:03	4.3	1:24	2.9	7:29	0.3	7:23	0.1	6:15	6:09	
15	Wed	2:13	4.0	2:35	2.8	8:40	0.5	8:29	0.2	6:13	6:10	
16	Thu	3:28	3.9	3:47	2.8	9:51	0.5	9:36	0.2	6:12	6:11	
17	Fri	4:35	3.9	4:47	3.0	10:52	0.5	10:38	0.2	6:10	6:12	
18	Sat	5:27	3.9	5:35	3.2	11:39	0.4	11:31	0.1	6:09	6:13	
19	Sun	6:08	4.0	6:15	3.5			12:15	0.3	6:07	6:14	
20	Mon	6:45	4.0	6:53	3.8	12:15	0.0	12:46	0.2	6:06	6:14	
21	Tue	7:20	4.1	7:31	4.0	12:55	-0.1	1:16	0.1	6:04	6:15	
22	Wed	7:55	4.0	8:08	4.2	1:33	-0.1	1:47	0.1	6:03	6:16	
23	Thu	8:31	3.9	8:45	4.4	2:10	-0.1	2:18	0.1	6:01	6:17	
24	Fri	9:07	3.8	9:22	4.4	2:47	0.0	2:51	0.2	6:00	6:18	
25	Sat	9:43	3.6	10:00	4.4	3:25	0.1	3:25	0.3	5:58	6:19	
26	Sun	10:20	3.5	10:39	4.3	4:06	0.3	4:02	0.4	5:57	6:20	
27	Mon	10:59	3.3	11:23	4.2	4:50	0.4	4:43	0.5	5:55	6:21	
28	Tue	11:41	3.1			5:39	0.6	5:31	0.5	5:54	6:22	
29	Wed	12:13	4.1	12:32	3.0	6:33	0.7	6:27	0.6	5:52	6:22	
30	Thu	1:12	4.1	1:34	3.0	7:33	0.7	7:29	0.5	5:51	6:23	
31	Fri	2:17	4.2	2:41	3.2	8:34	0.7	8:34	0.3	5:49	6:24	