

Sand Shoal Inlet, VA - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:52	3.4	7:29	5.3	1:00	0.1	12:42	-0.3	5:46	8:27	
2	Sun	7:45	3.5	8:21	5.3	1:54	0.0	1:35	-0.3	5:46	8:27	
3	Mon	8:37	3.5	9:10	5.2	2:43	-0.1	2:25	-0.3	5:47	8:27	
4	Tue	9:26	3.6	9:57	5.1	3:28	-0.1	3:14	-0.3	5:47	8:27	
5	Wed	10:14	3.6	10:42	4.9	4:12	0.0	4:01	-0.1	5:48	8:27	
6	Thu	11:00	3.6	11:24	4.6	4:55	0.1	4:48	0.0	5:48	8:26	
7	Fri	11:45	3.7			5:36	0.2	5:36	0.3	5:49	8:26	
8	Sat	12:06	4.3	12:30	3.7	6:17	0.3	6:26	0.5	5:50	8:26	
9	Sun	12:48	3.9	1:17	3.7	6:57	0.4	7:18	0.7	5:50	8:26	
10	Mon	1:32	3.6	2:07	3.8	7:38	0.5	8:12	0.8	5:51	8:25	
11	Tue	2:20	3.4	3:00	3.8	8:21	0.6	9:07	0.9	5:51	8:25	
12	Wed	3:12	3.2	3:55	4.0	9:06	0.7	10:03	1.0	5:52	8:24	
13	Thu	4:07	3.1	4:48	4.2	9:54	0.6	11:00	0.9	5:53	8:24	
14	Fri	5:02	3.1	5:40	4.4	10:45	0.6	11:55	0.8	5:53	8:24	
15	Sat	5:53	3.2	6:29	4.7	11:36	0.5			5:54	8:23	
16	Sun	6:42	3.3	7:16	4.9	12:46	0.6	12:27	0.3	5:55	8:23	
17	Mon	7:30	3.5	8:03	5.2	1:32	0.5	1:17	0.1	5:56	8:22	
18	Tue	8:18	3.7	8:49	5.3	2:17	0.3	2:04	-0.1	5:56	8:21	
19	Wed	9:05	3.9	9:34	5.4	3:00	0.1	2:52	-0.2	5:57	8:21	
20	Thu	9:53	4.1	10:20	5.3	3:43	0.0	3:41	-0.2	5:58	8:20	
21	Fri	10:42	4.3	11:05	5.1	4:27	-0.1	4:32	-0.2	5:58	8:20	
22	Sat	11:31	4.5	11:52	4.8	5:12	-0.1	5:26	-0.1	5:59	8:19	
23	Sun			12:22	4.6	5:58	-0.1	6:24	0.1	6:00	8:18	
24	Mon	12:40	4.4	1:16	4.7	6:47	-0.1	7:25	0.3	6:01	8:17	
25	Tue	1:33	4.0	2:15	4.7	7:38	0.0	8:29	0.4	6:02	8:17	
26	Wed	2:31	3.6	3:19	4.7	8:33	0.0	9:37	0.5	6:02	8:16	
27	Thu	3:35	3.3	4:25	4.8	9:30	0.1	10:46	0.5	6:03	8:15	
28	Fri	4:40	3.2	5:28	4.9	10:31	0.1	11:53	0.4	6:04	8:14	
29	Sat	5:43	3.2	6:27	4.9	11:32	0.0			6:05	8:13	
30	Sun	6:40	3.3	7:20	5.0	12:52	0.3	12:30	-0.1	6:06	8:12	
31	Mon	7:32	3.5	8:08	5.0	1:42	0.2	1:23	-0.1	6:06	8:11	