

Sand Shoal Inlet, VA - Aug 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:20	3.6	8:52	5.0	2:26	0.1	2:11	-0.2	6:07	8:10	
2	Wed	9:05	3.8	9:34	4.9	3:05	0.1	2:56	-0.1	6:08	8:10	
3	Thu	9:48	3.9	10:13	4.7	3:42	0.1	3:39	0.0	6:09	8:09	
4	Fri	10:30	4.0	10:52	4.5	4:18	0.2	4:22	0.1	6:10	8:08	
5	Sat	11:11	4.1	11:30	4.2	4:54	0.3	5:06	0.3	6:11	8:06	
6	Sun	11:53	4.1			5:30	0.4	5:51	0.5	6:11	8:05	
7	Mon	12:09	3.9	12:35	4.1	6:07	0.5	6:39	0.8	6:12	8:04	
8	Tue	12:50	3.6	1:21	4.0	6:47	0.7	7:30	0.9	6:13	8:03	
9	Wed	1:35	3.4	2:12	4.0	7:31	0.8	8:24	1.1	6:14	8:02	
10	Thu	2:26	3.2	3:09	4.1	8:19	0.8	9:22	1.1	6:15	8:01	
11	Fri	3:23	3.1	4:09	4.2	9:12	0.8	10:21	1.1	6:16	8:00	
12	Sat	4:23	3.1	5:07	4.5	10:08	0.7	11:20	1.0	6:17	7:59	
13	Sun	5:21	3.3	6:00	4.8	11:06	0.5			6:17	7:57	
14	Mon	6:14	3.5	6:50	5.1	12:14	0.8	12:01	0.3	6:18	7:56	
15	Tue	7:04	3.8	7:38	5.3	1:03	0.5	12:54	0.0	6:19	7:55	
16	Wed	7:53	4.2	8:24	5.5	1:48	0.2	1:45	-0.2	6:20	7:54	
17	Thu	8:42	4.5	9:10	5.5	2:31	0.0	2:35	-0.3	6:21	7:52	
18	Fri	9:30	4.8	9:56	5.4	3:14	-0.2	3:25	-0.4	6:22	7:51	
19	Sat	10:19	5.1	10:42	5.1	3:57	-0.3	4:17	-0.3	6:22	7:50	
20	Sun	11:09	5.2	11:29	4.7	4:41	-0.3	5:11	-0.2	6:23	7:49	
21	Mon			12:00	5.2	5:28	-0.2	6:09	0.1	6:24	7:47	
22	Tue	12:19	4.3	12:54	5.1	6:18	-0.1	7:11	0.3	6:25	7:46	
23	Wed	1:12	3.8	1:54	4.9	7:13	0.1	8:16	0.5	6:26	7:45	
24	Thu	2:12	3.5	3:01	4.8	8:11	0.2	9:26	0.6	6:27	7:43	
25	Fri	3:20	3.2	4:12	4.7	9:14	0.3	10:37	0.7	6:27	7:42	
26	Sat	4:31	3.2	5:20	4.7	10:19	0.3	11:44	0.6	6:28	7:40	
27	Sun	5:36	3.3	6:18	4.8	11:23	0.3			6:29	7:39	
28	Mon	6:31	3.5	7:07	4.8	12:40	0.5	12:21	0.2	6:30	7:38	
29	Tue	7:18	3.7	7:49	4.8	1:24	0.4	1:11	0.1	6:31	7:36	
30	Wed	8:01	4.0	8:28	4.8	2:01	0.3	1:56	0.1	6:32	7:35	
31	Thu	8:41	4.2	9:05	4.7	2:34	0.3	2:37	0.1	6:32	7:33	