

Sand Shoal Inlet, VA - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:45	4.6	11:08	3.7	4:10	-0.1	4:55	-0.1	7:17	4:56	
2	Tue	11:31	4.3			5:03	0.0	5:42	-0.1	7:17	4:57	
3	Wed	12:00	3.9	12:20	4.0	6:01	0.1	6:31	-0.1	7:17	4:57	
4	Thu	12:57	4.0	1:15	3.6	7:04	0.1	7:23	-0.2	7:17	4:58	
5	Fri	1:59	4.2	2:16	3.4	8:09	0.2	8:18	-0.2	7:17	4:59	
6	Sat	3:03	4.4	3:20	3.2	9:17	0.1	9:17	-0.3	7:17	5:00	
7	Sun	4:07	4.6	4:23	3.2	10:24	0.0	10:17	-0.4	7:17	5:01	
8	Mon	5:08	4.8	5:23	3.2	11:28	-0.1	11:16	-0.6	7:17	5:02	
9	Tue	6:05	5.0	6:19	3.3			12:26	-0.3	7:17	5:03	
10	Wed	6:59	5.0	7:12	3.4	12:12	-0.7	1:17	-0.4	7:17	5:04	
11	Thu	7:50	5.0	8:03	3.5	1:05	-0.8	2:05	-0.4	7:17	5:05	
12	Fri	8:38	4.9	8:52	3.6	1:55	-0.8	2:49	-0.4	7:16	5:06	
13	Sat	9:23	4.7	9:39	3.6	2:43	-0.7	3:32	-0.4	7:16	5:07	
14	Sun	10:06	4.4	10:24	3.6	3:31	-0.5	4:14	-0.3	7:16	5:08	
15	Mon	10:47	4.1	11:09	3.6	4:19	-0.3	4:55	-0.1	7:16	5:09	
16	Tue	11:29	3.7	11:55	3.5	5:08	0.0	5:36	0.0	7:15	5:10	
17	Wed			12:12	3.3	5:58	0.2	6:18	0.2	7:15	5:11	
18	Thu	12:44	3.5	12:59	3.0	6:51	0.4	7:02	0.3	7:14	5:12	
19	Fri	1:37	3.4	1:51	2.8	7:47	0.6	7:48	0.4	7:14	5:13	
20	Sat	2:35	3.5	2:47	2.7	8:44	0.7	8:39	0.4	7:14	5:14	
21	Sun	3:33	3.6	3:44	2.7	9:44	0.7	9:31	0.3	7:13	5:15	
22	Mon	4:28	3.8	4:37	2.8	10:41	0.6	10:24	0.2	7:13	5:16	
23	Tue	5:18	4.1	5:27	2.9	11:32	0.5	11:15	0.0	7:12	5:17	
24	Wed	6:05	4.3	6:14	3.1			12:17	0.3	7:11	5:18	
25	Thu	6:50	4.6	6:59	3.4	12:03	-0.2	12:59	0.1	7:11	5:19	
26	Fri	7:33	4.8	7:44	3.6	12:49	-0.4	1:40	-0.1	7:10	5:20	
27	Sat	8:15	4.9	8:29	3.8	1:34	-0.5	2:20	-0.2	7:09	5:21	
28	Sun	8:57	4.9	9:14	4.0	2:19	-0.6	3:00	-0.3	7:09	5:22	
29	Mon	9:40	4.7	10:00	4.2	3:06	-0.6	3:42	-0.4	7:08	5:24	
30	Tue	10:23	4.5	10:48	4.3	3:56	-0.5	4:25	-0.4	7:07	5:25	
31	Wed	11:09	4.1	11:38	4.3	4:49	-0.3	5:12	-0.4	7:06	5:26	