

Sand Shoal Inlet, VA - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	10:49	4.0	11:19	4.8	4:36	-0.4	4:45	-0.4	6:34	5:56	
2	Fri	11:40	3.6			5:33	-0.2	5:38	-0.3	6:32	5:57	
3	Sat	12:15	4.6	12:36	3.2	6:36	0.0	6:36	-0.1	6:31	5:58	
4	Sun	1:19	4.4	1:40	3.0	7:42	0.2	7:40	0.0	6:29	5:59	
5	Mon	2:31	4.2	2:52	2.9	8:53	0.3	8:47	0.0	6:28	6:00	
6	Tue	3:44	4.2	4:03	3.0	10:03	0.3	9:55	-0.1	6:27	6:01	
7	Wed	4:50	4.2	5:05	3.2	11:06	0.2	10:58	-0.2	6:25	6:02	
8	Thu	5:45	4.3	5:57	3.5	11:56	0.0	11:54	-0.3	6:24	6:03	
9	Fri	6:31	4.3	6:42	3.7			12:38	-0.1	6:22	6:04	
10	Sat	7:12	4.3	7:24	4.0	12:42	-0.4	1:14	-0.2	6:21	6:05	
11	Sun	7:51	4.2	8:04	4.1	1:25	-0.4	1:49	-0.2	6:19	6:06	
12	Mon	8:28	4.1	8:43	4.3	2:06	-0.4	2:22	-0.2	6:18	6:07	
13	Tue	9:05	3.9	9:21	4.3	2:45	-0.3	2:55	-0.1	6:16	6:08	
14	Wed	9:42	3.7	10:00	4.3	3:25	-0.1	3:30	0.0	6:15	6:09	
15	Thu	10:20	3.5	10:40	4.1	4:05	0.1	4:06	0.2	6:14	6:10	
16	Fri	10:59	3.3	11:23	4.0	4:48	0.3	4:46	0.4	6:12	6:11	
17	Sat	11:41	3.1			5:34	0.5	5:30	0.5	6:11	6:11	
18	Sun	12:10	3.9	12:27	2.9	6:25	0.7	6:20	0.6	6:09	6:12	
19	Mon	1:04	3.7	1:22	2.8	7:20	0.9	7:16	0.6	6:08	6:13	
20	Tue	2:06	3.7	2:24	2.9	8:18	0.9	8:15	0.6	6:06	6:14	
21	Wed	3:08	3.9	3:26	3.1	9:16	0.8	9:16	0.4	6:05	6:15	
22	Thu	4:06	4.1	4:23	3.4	10:11	0.6	10:15	0.2	6:03	6:16	
23	Fri	4:58	4.3	5:15	3.8	11:01	0.3	11:11	-0.1	6:02	6:17	
24	Sat	5:46	4.6	6:04	4.3	11:48	0.0			6:00	6:18	
25	Sun	6:33	4.7	6:52	4.8	12:05	-0.4	12:32	-0.2	5:59	6:19	
26	Mon	7:20	4.7	7:40	5.1	12:56	-0.6	1:15	-0.5	5:57	6:20	
27	Tue	8:07	4.7	8:28	5.4	1:46	-0.7	1:59	-0.6	5:56	6:20	
28	Wed	8:54	4.5	9:17	5.5	2:36	-0.7	2:44	-0.6	5:54	6:21	
29	Thu	9:42	4.2	10:08	5.4	3:28	-0.6	3:31	-0.5	5:53	6:22	
30	Fri	10:32	3.9	11:02	5.1	4:23	-0.4	4:23	-0.4	5:51	6:23	
31	Sat	11:25	3.6			5:21	-0.2	5:19	-0.2	5:50	6:24	