

Sand Shoal Inlet, VA - May 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	1:45	4.5	2:15	3.3	8:10	0.2	8:12	0.3	6:08	7:52	
2	Wed	2:50	4.2	3:25	3.4	9:11	0.3	9:19	0.4	6:06	7:53	
3	Thu	3:56	3.9	4:31	3.6	10:07	0.4	10:25	0.4	6:05	7:54	
4	Fri	4:55	3.8	5:26	3.8	10:57	0.3	11:27	0.4	6:04	7:55	
5	Sat	5:46	3.7	6:11	4.1	11:41	0.3			6:03	7:55	
6	Sun	6:29	3.6	6:51	4.3	12:20	0.3	12:21	0.3	6:02	7:56	
7	Mon	7:09	3.6	7:29	4.5	1:06	0.2	12:58	0.2	6:01	7:57	
8	Tue	7:47	3.6	8:07	4.7	1:46	0.2	1:34	0.2	6:00	7:58	
9	Wed	8:27	3.5	8:46	4.7	2:24	0.2	2:10	0.2	5:59	7:59	
10	Thu	9:06	3.5	9:26	4.8	3:01	0.2	2:47	0.2	5:58	8:00	
11	Fri	9:46	3.5	10:06	4.7	3:38	0.2	3:25	0.3	5:57	8:01	
12	Sat	10:26	3.4	10:47	4.6	4:17	0.3	4:03	0.4	5:56	8:02	
13	Sun	11:07	3.4	11:29	4.5	4:58	0.5	4:45	0.5	5:55	8:02	
14	Mon	11:49	3.3			5:42	0.6	5:30	0.6	5:55	8:03	
15	Tue	12:13	4.4	12:34	3.3	6:29	0.6	6:20	0.6	5:54	8:04	
16	Wed	12:59	4.3	1:25	3.3	7:17	0.7	7:16	0.7	5:53	8:05	
17	Thu	1:50	4.2	2:21	3.5	8:07	0.6	8:16	0.6	5:52	8:06	
18	Fri	2:46	4.1	3:21	3.8	8:57	0.5	9:18	0.5	5:51	8:07	
19	Sat	3:44	4.1	4:20	4.2	9:48	0.3	10:20	0.3	5:51	8:08	
20	Sun	4:41	4.1	5:16	4.7	10:39	0.1	11:23	0.1	5:50	8:08	
21	Mon	5:37	4.1	6:10	5.2	11:31	-0.1			5:49	8:09	
22	Tue	6:32	4.1	7:03	5.6	12:23	-0.1	12:24	-0.3	5:49	8:10	
23	Wed	7:25	4.1	7:56	5.8	1:20	-0.3	1:16	-0.5	5:48	8:11	
24	Thu	8:19	4.0	8:49	5.9	2:15	-0.5	2:08	-0.6	5:47	8:12	
25	Fri	9:12	4.0	9:43	5.8	3:08	-0.5	3:00	-0.6	5:47	8:12	
26	Sat	10:06	3.9	10:37	5.6	4:01	-0.4	3:53	-0.5	5:46	8:13	
27	Sun	11:00	3.8	11:31	5.3	4:55	-0.3	4:48	-0.4	5:46	8:14	
28	Mon	11:55	3.7			5:51	-0.1	5:46	-0.1	5:45	8:14	
29	Tue	12:25	4.9	12:52	3.6	6:46	0.0	6:47	0.1	5:45	8:15	
30	Wed	1:19	4.5	1:52	3.6	7:41	0.1	7:50	0.3	5:44	8:16	
31	Thu	2:16	4.1	2:54	3.6	8:33	0.3	8:53	0.5	5:44	8:17	