

Sand Shoal Inlet, VA - Jun 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	3:13	3.7	3:55	3.7	9:22	0.3	9:56	0.6	5:44	8:17	
2	Sat	4:10	3.5	4:49	3.9	10:09	0.4	10:57	0.6	5:43	8:18	
3	Sun	5:01	3.3	5:36	4.1	10:53	0.4	11:52	0.5	5:43	8:19	
4	Mon	5:49	3.3	6:18	4.3	11:36	0.4			5:43	8:19	
5	Tue	6:32	3.2	7:00	4.5	12:40	0.5	12:18	0.3	5:42	8:20	
6	Wed	7:15	3.3	7:41	4.7	1:22	0.4	12:59	0.3	5:42	8:20	
7	Thu	7:57	3.3	8:22	4.8	2:01	0.4	1:40	0.3	5:42	8:21	
8	Fri	8:39	3.4	9:04	4.8	2:39	0.3	2:20	0.2	5:42	8:21	
9	Sat	9:21	3.4	9:45	4.8	3:17	0.3	3:00	0.2	5:42	8:22	
10	Sun	10:02	3.4	10:26	4.8	3:56	0.4	3:41	0.3	5:42	8:22	
11	Mon	10:44	3.5	11:07	4.7	4:36	0.4	4:23	0.3	5:41	8:23	
12	Tue	11:27	3.5	11:48	4.6	5:18	0.4	5:08	0.4	5:41	8:23	
13	Wed			12:12	3.6	6:01	0.4	5:58	0.5	5:41	8:24	
14	Thu	12:32	4.5	1:00	3.7	6:46	0.4	6:53	0.5	5:41	8:24	
15	Fri	1:19	4.3	1:54	3.9	7:33	0.3	7:53	0.5	5:41	8:25	
16	Sat	2:11	4.1	2:51	4.2	8:21	0.2	8:55	0.5	5:42	8:25	
17	Sun	3:08	3.9	3:51	4.5	9:12	0.1	9:58	0.4	5:42	8:25	
18	Mon	4:09	3.8	4:50	4.9	10:05	0.0	11:03	0.2	5:42	8:26	
19	Tue	5:09	3.7	5:48	5.3	11:01	-0.2			5:42	8:26	
20	Wed	6:07	3.7	6:44	5.5	12:06	0.0	11:58 AM	-0.3	5:42	8:26	
21	Thu	7:04	3.7	7:40	5.7	1:06	-0.1	12:55	-0.5	5:42	8:26	
22	Fri	8:00	3.8	8:35	5.7	2:02	-0.3	1:50	-0.6	5:42	8:27	
23	Sat	8:55	3.8	9:29	5.7	2:55	-0.4	2:44	-0.6	5:43	8:27	
24	Sun	9:49	3.9	10:21	5.5	3:46	-0.4	3:37	-0.6	5:43	8:27	
25	Mon	10:42	3.9	11:11	5.1	4:36	-0.3	4:31	-0.4	5:43	8:27	
26	Tue	11:34	3.9	11:59	4.7	5:25	-0.2	5:26	-0.2	5:44	8:27	
27	Wed			12:26	3.9	6:14	0.0	6:22	0.1	5:44	8:27	
28	Thu	12:47	4.3	1:19	3.8	7:02	0.1	7:20	0.4	5:44	8:27	
29	Fri	1:36	3.9	2:13	3.8	7:48	0.2	8:19	0.6	5:45	8:27	
30	Sat	2:27	3.5	3:09	3.9	8:34	0.4	9:18	0.7	5:45	8:27	