

Sand Shoal Inlet, VA - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:20	3.2	4:04	4.0	9:19	0.5	10:18	0.8	5:46	8:27	
2	Mon	4:15	3.1	4:57	4.1	10:05	0.5	11:15	0.8	5:46	8:27	
3	Tue	5:07	3.0	5:45	4.3	10:53	0.5			5:47	8:27	
4	Wed	5:57	3.1	6:31	4.4	12:08	0.7	11:41 AM	0.5	5:47	8:27	
5	Thu	6:43	3.2	7:16	4.6	12:54	0.7	12:28	0.4	5:48	8:27	
6	Fri	7:28	3.3	7:59	4.8	1:35	0.6	1:13	0.3	5:48	8:26	
7	Sat	8:12	3.4	8:41	4.9	2:14	0.5	1:56	0.2	5:49	8:26	
8	Sun	8:55	3.5	9:22	5.0	2:53	0.4	2:38	0.1	5:49	8:26	
9	Mon	9:38	3.7	10:03	5.0	3:31	0.3	3:20	0.1	5:50	8:26	
10	Tue	10:21	3.8	10:43	4.9	4:10	0.3	4:03	0.1	5:51	8:25	
11	Wed	11:04	3.9	11:23	4.8	4:49	0.2	4:50	0.2	5:51	8:25	
12	Thu	11:48	4.1			5:31	0.2	5:40	0.3	5:52	8:25	
13	Fri	12:06	4.5	12:36	4.2	6:14	0.2	6:34	0.4	5:53	8:24	
14	Sat	12:51	4.3	1:27	4.4	7:00	0.2	7:33	0.5	5:53	8:24	
15	Sun	1:42	4.0	2:25	4.5	7:49	0.1	8:36	0.5	5:54	8:23	
16	Mon	2:40	3.7	3:27	4.7	8:42	0.1	9:41	0.5	5:55	8:23	
17	Tue	3:43	3.5	4:30	4.9	9:39	0.0	10:48	0.4	5:55	8:22	
18	Wed	4:47	3.4	5:33	5.2	10:40	-0.1	11:54	0.2	5:56	8:22	
19	Thu	5:50	3.5	6:32	5.3	11:41	-0.2			5:57	8:21	
20	Fri	6:49	3.6	7:28	5.5	12:54	0.1	12:41	-0.4	5:58	8:20	
21	Sat	7:45	3.8	8:22	5.5	1:49	-0.1	1:38	-0.5	5:58	8:20	
22	Sun	8:39	3.9	9:12	5.4	2:38	-0.2	2:31	-0.5	5:59	8:19	
23	Mon	9:30	4.1	10:00	5.2	3:25	-0.2	3:22	-0.5	6:00	8:18	
24	Tue	10:20	4.2	10:45	4.9	4:09	-0.2	4:12	-0.3	6:01	8:18	
25	Wed	11:07	4.2	11:29	4.6	4:52	-0.1	5:02	-0.1	6:01	8:17	
26	Thu	11:54	4.2			5:35	0.0	5:53	0.2	6:02	8:16	
27	Fri	12:11	4.2	12:40	4.1	6:17	0.2	6:46	0.5	6:03	8:15	
28	Sat	12:55	3.8	1:29	4.1	7:00	0.4	7:40	0.7	6:04	8:14	
29	Sun	1:42	3.4	2:21	4.0	7:44	0.5	8:36	0.9	6:05	8:13	
30	Mon	2:33	3.1	3:18	4.0	8:31	0.6	9:34	1.0	6:05	8:13	
31	Tue	3:30	3.0	4:16	4.1	9:21	0.7	10:33	1.0	6:06	8:12	