

Sand Shoal Inlet, VA - Aug 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	4:28	3.0	5:12	4.2	10:13	0.7	11:30	1.0	6:07	8:11	
2	Thu	5:22	3.1	6:03	4.4	11:07	0.6			6:08	8:10	
3	Fri	6:13	3.3	6:49	4.6	12:21	0.9	11:58 AM	0.5	6:09	8:09	
4	Sat	7:00	3.5	7:33	4.8	1:04	0.7	12:47	0.3	6:10	8:08	
5	Sun	7:44	3.7	8:15	5.0	1:44	0.5	1:32	0.2	6:10	8:07	
6	Mon	8:28	3.9	8:56	5.1	2:22	0.4	2:16	0.1	6:11	8:06	
7	Tue	9:12	4.2	9:36	5.1	3:00	0.2	3:00	0.0	6:12	8:05	
8	Wed	9:55	4.4	10:17	5.0	3:38	0.1	3:45	0.0	6:13	8:03	
9	Thu	10:38	4.6	10:58	4.8	4:17	0.0	4:32	0.1	6:14	8:02	
10	Fri	11:24	4.7	11:42	4.5	4:58	0.0	5:23	0.2	6:15	8:01	
11	Sat			12:12	4.8	5:42	0.1	6:18	0.3	6:15	8:00	
12	Sun	12:28	4.2	1:04	4.9	6:30	0.1	7:18	0.5	6:16	7:59	
13	Mon	1:20	3.8	2:03	4.8	7:22	0.2	8:22	0.6	6:17	7:58	
14	Tue	2:19	3.5	3:08	4.8	8:20	0.2	9:29	0.6	6:18	7:57	
15	Wed	3:26	3.4	4:17	4.9	9:22	0.2	10:38	0.6	6:19	7:55	
16	Thu	4:35	3.4	5:23	5.0	10:27	0.1	11:44	0.4	6:20	7:54	
17	Fri	5:40	3.5	6:23	5.1	11:32	0.0			6:21	7:53	
18	Sat	6:39	3.7	7:17	5.2	12:42	0.3	12:32	-0.2	6:21	7:51	
19	Sun	7:32	4.0	8:06	5.2	1:33	0.1	1:27	-0.3	6:22	7:50	
20	Mon	8:22	4.2	8:51	5.1	2:17	0.0	2:18	-0.3	6:23	7:49	
21	Tue	9:09	4.4	9:34	4.9	2:58	-0.1	3:05	-0.3	6:24	7:48	
22	Wed	9:53	4.5	10:15	4.7	3:37	-0.1	3:51	-0.1	6:25	7:46	
23	Thu	10:36	4.6	10:56	4.4	4:15	0.0	4:36	0.1	6:26	7:45	
24	Fri	11:18	4.5	11:36	4.0	4:52	0.2	5:22	0.3	6:26	7:43	
25	Sat			12:01	4.4	5:31	0.3	6:10	0.6	6:27	7:42	
26	Sun	12:17	3.7	12:47	4.3	6:12	0.5	7:00	0.8	6:28	7:41	
27	Mon	1:01	3.4	1:36	4.2	6:57	0.7	7:54	1.0	6:29	7:39	
28	Tue	1:51	3.2	2:33	4.1	7:46	0.9	8:51	1.2	6:30	7:38	
29	Wed	2:48	3.1	3:34	4.1	8:40	0.9	9:50	1.2	6:31	7:36	
30	Thu	3:49	3.1	4:35	4.2	9:37	0.9	10:48	1.2	6:31	7:35	
31	Fri	4:49	3.2	5:30	4.4	10:34	0.8	11:41	1.0	6:32	7:34	