

Sand Shoal Inlet, VA - Sep 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:42	3.5	6:17	4.7	11:28	0.6			6:33	7:32	
2	Sun	6:30	3.8	7:01	4.9	12:26	0.8	12:19	0.4	6:34	7:31	
3	Mon	7:15	4.2	7:43	5.1	1:07	0.6	1:08	0.2	6:35	7:29	
4	Tue	8:00	4.5	8:25	5.2	1:47	0.3	1:54	0.0	6:36	7:28	
5	Wed	8:44	4.8	9:07	5.1	2:25	0.1	2:40	-0.1	6:36	7:26	
6	Thu	9:28	5.1	9:50	5.0	3:04	0.0	3:27	-0.1	6:37	7:25	
7	Fri	10:13	5.3	10:34	4.8	3:45	-0.1	4:16	-0.1	6:38	7:23	
8	Sat	11:01	5.4	11:20	4.4	4:28	-0.1	5:08	0.1	6:39	7:22	
9	Sun	11:51	5.4			5:14	0.0	6:04	0.3	6:40	7:20	
10	Mon	12:09	4.1	12:45	5.2	6:05	0.1	7:05	0.5	6:40	7:19	
11	Tue	1:04	3.8	1:46	5.0	7:02	0.3	8:10	0.6	6:41	7:17	
12	Wed	2:06	3.5	2:55	4.9	8:05	0.4	9:19	0.7	6:42	7:16	
13	Thu	3:17	3.4	4:07	4.8	9:12	0.4	10:28	0.7	6:43	7:14	
14	Fri	4:29	3.5	5:14	4.8	10:20	0.3	11:31	0.5	6:44	7:13	
15	Sat	5:34	3.7	6:11	4.9	11:25	0.2			6:45	7:11	
16	Sun	6:30	4.0	7:01	4.9	12:24	0.4	12:24	0.1	6:45	7:10	
17	Mon	7:18	4.3	7:45	4.9	1:09	0.2	1:17	0.0	6:46	7:08	
18	Tue	8:02	4.6	8:26	4.7	1:49	0.1	2:04	-0.1	6:47	7:06	
19	Wed	8:44	4.8	9:05	4.6	2:26	0.1	2:47	0.0	6:48	7:05	
20	Thu	9:24	4.9	9:44	4.4	3:01	0.1	3:29	0.1	6:49	7:03	
21	Fri	10:04	4.9	10:23	4.1	3:36	0.2	4:10	0.2	6:50	7:02	
22	Sat	10:45	4.8	11:02	3.9	4:12	0.3	4:52	0.5	6:50	7:00	
23	Sun	11:26	4.7	11:43	3.7	4:49	0.5	5:36	0.7	6:51	6:59	
24	Mon			12:10	4.5	5:30	0.7	6:24	0.9	6:52	6:57	
25	Tue	12:26	3.4	12:58	4.3	6:15	0.9	7:16	1.1	6:53	6:56	
26	Wed	1:14	3.3	1:52	4.2	7:06	1.0	8:11	1.3	6:54	6:54	
27	Thu	2:10	3.2	2:52	4.2	8:01	1.0	9:09	1.3	6:55	6:53	
28	Fri	3:12	3.2	3:53	4.3	9:00	1.0	10:04	1.2	6:55	6:51	
29	Sat	4:14	3.4	4:49	4.4	9:59	0.9	10:55	1.0	6:56	6:50	
30	Sun	5:09	3.7	5:39	4.6	10:56	0.7	11:42	0.8	6:57	6:48	