

































## Sand Shoal Inlet, VA - Oct 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:59	4.2	6:25	4.8	11:51	0.5			6:58	6:47	
2	Tue	6:45	4.6	7:09	5.0	12:26	0.5	12:42	0.2	6:59	6:45	
3	Wed	7:30	5.1	7:53	5.0	1:08	0.2	1:32	0.0	7:00	6:44	
4	Thu	8:16	5.5	8:38	4.9	1:50	0.0	2:21	-0.2	7:01	6:42	
5	Fri	9:03	5.7	9:25	4.8	2:32	-0.2	3:10	-0.2	7:01	6:41	
6	Sat	9:51	5.9	10:12	4.6	3:15	-0.2	4:00	-0.2	7:02	6:39	
7	Sun	10:41	5.8	11:01	4.3	4:01	-0.2	4:54	0.0	7:03	6:38	
8	Mon	11:33	5.7	11:54	4.0	4:51	-0.1	5:51	0.2	7:04	6:36	
9	Tue			12:30	5.4	5:46	0.1	6:53	0.4	7:05	6:35	
10	Wed	12:51	3.7	1:32	5.1	6:47	0.3	7:59	0.6	7:06	6:33	
11	Thu	1:56	3.5	2:40	4.8	7:53	0.4	9:06	0.6	7:07	6:32	
12	Fri	3:08	3.5	3:51	4.6	9:02	0.5	10:10	0.6	7:08	6:30	
13	Sat	4:22	3.6	4:57	4.5	10:11	0.5	11:08	0.5	7:09	6:29	
14	Sun	5:25	3.9	5:51	4.5	11:16	0.4	11:57	0.4	7:10	6:28	
15	Mon	6:16	4.2	6:37	4.4			12:14	0.3	7:11	6:26	
16	Tue	6:59	4.5	7:18	4.3	12:39	0.3	1:04	0.2	7:11	6:25	
17	Wed	7:39	4.7	7:57	4.2	1:16	0.2	1:48	0.2	7:12	6:24	
18	Thu	8:18	4.9	8:36	4.1	1:51	0.2	2:29	0.2	7:13	6:22	
19	Fri	8:57	5.0	9:14	4.0	2:26	0.2	3:07	0.2	7:14	6:21	
20	Sat	9:36	5.0	9:53	3.9	3:01	0.2	3:46	0.3	7:15	6:20	
21	Sun	10:16	4.9	10:33	3.7	3:37	0.4	4:26	0.5	7:16	6:18	
22	Mon	10:57	4.8	11:13	3.5	4:15	0.5	5:08	0.7	7:17	6:17	
23	Tue	11:40	4.6	11:56	3.4	4:55	0.6	5:53	0.9	7:18	6:16	
24	Wed			12:26	4.4	5:40	0.8	6:43	1.0	7:19	6:15	
25	Thu	12:43	3.3	1:16	4.3	6:30	0.9	7:35	1.1	7:20	6:13	
26	Fri	1:36	3.2	2:10	4.2	7:25	1.0	8:28	1.1	7:21	6:12	
27	Sat	2:35	3.3	3:07	4.2	8:24	1.0	9:19	1.0	7:22	6:11	
28	Sun	2:36	3.5	3:04	4.3	8:24	0.9	9:09	0.8	6:23	5:10	
29	Mon	3:33	3.9	3:57	4.4	9:24	0.7	9:57	0.5	6:24	5:09	
30	Tue	4:25	4.4	4:47	4.5	10:22	0.4	10:44	0.3	6:25	5:07	
31	Wed	5:14	4.9	5:35	4.6	11:18	0.2	11:30	0.0	6:26	5:06	