

































## Sand Shoal Inlet, VA - Nov 1990

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Thu | 6:02  | 5.4 | 6:23  | 4.6 |       |      | 12:11 | -0.1 | 6:27  | 5:05 |    |
| 2    | Fri | 6:51  | 5.8 | 7:12  | 4.5 | 12:17 | -0.3 | 1:03  | -0.3 | 6:28  | 5:04 |    |
| 3    | Sat | 7:41  | 6.0 | 8:02  | 4.4 | 1:03  | -0.4 | 1:54  | -0.3 | 6:29  | 5:03 |    |
| 4    | Sun | 8:32  | 6.0 | 8:53  | 4.3 | 1:51  | -0.5 | 2:46  | -0.3 | 6:30  | 5:02 |    |
| 5    | Mon | 9:25  | 5.9 | 9:45  | 4.1 | 2:41  | -0.4 | 3:41  | -0.2 | 6:31  | 5:01 |    |
| 6    | Tue | 10:19 | 5.7 | 10:40 | 3.8 | 3:34  | -0.3 | 4:38  | 0.0  | 6:32  | 5:00 |    |
| 7    | Wed | 11:15 | 5.3 | 11:38 | 3.7 | 4:31  | -0.1 | 5:38  | 0.2  | 6:33  | 4:59 |    |
| 8    | Thu |       |     | 12:15 | 4.9 | 5:33  | 0.1  | 6:40  | 0.3  | 6:34  | 4:58 |    |
| 9    | Fri | 12:42 | 3.5 | 1:18  | 4.6 | 6:39  | 0.3  | 7:42  | 0.4  | 6:35  | 4:57 |    |
| 10   | Sat | 1:52  | 3.6 | 2:24  | 4.3 | 7:47  | 0.4  | 8:40  | 0.4  | 6:37  | 4:57 |    |
| 11   | Sun | 3:03  | 3.7 | 3:27  | 4.0 | 8:55  | 0.5  | 9:32  | 0.3  | 6:38  | 4:56 |    |
| 12   | Mon | 4:04  | 3.9 | 4:21  | 3.9 | 10:00 | 0.4  | 10:20 | 0.3  | 6:39  | 4:55 |   |
| 13   | Tue | 4:53  | 4.2 | 5:07  | 3.8 | 10:58 | 0.4  | 11:02 | 0.2  | 6:40  | 4:54 |  |
| 14   | Wed | 5:35  | 4.4 | 5:49  | 3.7 | 11:48 | 0.3  | 11:41 | 0.2  | 6:41  | 4:53 |  |
| 15   | Thu | 6:15  | 4.6 | 6:28  | 3.6 |       |      | 12:31 | 0.3  | 6:42  | 4:53 |  |
| 16   | Fri | 6:53  | 4.8 | 7:07  | 3.6 | 12:18 | 0.2  | 1:10  | 0.3  | 6:43  | 4:52 |  |
| 17   | Sat | 7:32  | 4.8 | 7:47  | 3.6 | 12:55 | 0.2  | 1:47  | 0.3  | 6:44  | 4:51 |  |
| 18   | Sun | 8:12  | 4.8 | 8:27  | 3.5 | 1:32  | 0.2  | 2:25  | 0.3  | 6:45  | 4:51 |  |
| 19   | Mon | 8:52  | 4.8 | 9:07  | 3.5 | 2:09  | 0.2  | 3:03  | 0.4  | 6:46  | 4:50 |  |
| 20   | Tue | 9:34  | 4.7 | 9:48  | 3.4 | 2:48  | 0.3  | 3:44  | 0.5  | 6:47  | 4:50 |  |
| 21   | Wed | 10:15 | 4.6 | 10:31 | 3.3 | 3:28  | 0.4  | 4:27  | 0.7  | 6:48  | 4:49 |  |
| 22   | Thu | 10:58 | 4.5 | 11:16 | 3.3 | 4:12  | 0.5  | 5:12  | 0.7  | 6:49  | 4:48 |  |
| 23   | Fri | 11:42 | 4.3 |       |     | 5:00  | 0.6  | 5:59  | 0.8  | 6:50  | 4:48 |  |
| 24   | Sat | 12:05 | 3.3 | 12:30 | 4.2 | 5:53  | 0.7  | 6:47  | 0.7  | 6:51  | 4:48 |  |
| 25   | Sun | 12:59 | 3.4 | 1:22  | 4.1 | 6:51  | 0.7  | 7:35  | 0.6  | 6:52  | 4:47 |  |
| 26   | Mon | 1:57  | 3.6 | 2:18  | 4.0 | 7:51  | 0.7  | 8:24  | 0.4  | 6:53  | 4:47 |  |
| 27   | Tue | 2:55  | 4.0 | 3:14  | 4.0 | 8:53  | 0.5  | 9:14  | 0.2  | 6:54  | 4:46 |  |
| 28   | Wed | 3:51  | 4.5 | 4:10  | 4.0 | 9:55  | 0.3  | 10:05 | 0.0  | 6:55  | 4:46 |  |
| 29   | Thu | 4:45  | 4.9 | 5:03  | 4.0 | 10:55 | 0.1  | 10:57 | -0.3 | 6:56  | 4:46 |  |
| 30   | Fri | 5:38  | 5.4 | 5:56  | 4.0 | 11:52 | -0.2 | 11:49 | -0.5 | 6:57  | 4:46 |  |