































Sand Shoal Inlet, VA - Dec 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:30	5.7	6:49	4.0			12:47	-0.3	6:58	4:45	
2	Sun	7:23	5.9	7:42	4.0	12:41	-0.7	1:40	-0.4	6:59	4:45	
3	Mon	8:17	5.9	8:36	3.9	1:32	-0.8	2:33	-0.5	7:00	4:45	
4	Tue	9:11	5.7	9:30	3.9	2:25	-0.8	3:26	-0.4	7:01	4:45	
5	Wed	10:04	5.5	10:25	3.8	3:19	-0.6	4:21	-0.3	7:02	4:45	
6	Thu	10:58	5.1	11:21	3.7	4:16	-0.4	5:17	-0.1	7:02	4:45	
7	Fri	11:52	4.6			5:16	-0.2	6:12	0.0	7:03	4:45	
8	Sat	12:21	3.6	12:48	4.2	6:19	0.1	7:06	0.1	7:04	4:45	
9	Sun	1:24	3.6	1:46	3.8	7:24	0.3	7:59	0.1	7:05	4:45	
10	Mon	2:28	3.6	2:45	3.4	8:29	0.4	8:48	0.2	7:06	4:45	
11	Tue	3:29	3.8	3:41	3.2	9:34	0.5	9:36	0.2	7:07	4:45	
12	Wed	4:22	4.0	4:31	3.1	10:35	0.4	10:22	0.2	7:07	4:45	
13	Thu	5:07	4.1	5:17	3.1	11:27	0.4	11:06	0.2	7:08	4:46	
14	Fri	5:49	4.3	6:00	3.1			12:11	0.3	7:09	4:46	
15	Sat	6:30	4.4	6:41	3.2			12:51	0.3	7:09	4:46	
16	Sun	7:11	4.5	7:22	3.2	12:29	0.0	1:28	0.3	7:10	4:46	
17	Mon	7:52	4.6	8:04	3.3	1:08	0.0	2:05	0.2	7:11	4:47	
18	Tue	8:33	4.6	8:45	3.3	1:47	0.0	2:42	0.3	7:11	4:47	
19	Wed	9:13	4.6	9:26	3.3	2:27	0.0	3:20	0.3	7:12	4:48	
20	Thu	9:52	4.5	10:07	3.3	3:07	0.1	4:00	0.3	7:12	4:48	
21	Fri	10:32	4.4	10:50	3.4	3:49	0.2	4:41	0.3	7:13	4:49	
22	Sat	11:12	4.3	11:35	3.4	4:35	0.3	5:23	0.3	7:13	4:49	
23	Sun	11:55	4.1			5:26	0.4	6:07	0.3	7:14	4:50	
24	Mon	12:25	3.6	12:43	3.8	6:23	0.4	6:54	0.2	7:14	4:50	
25	Tue	1:20	3.8	1:37	3.6	7:23	0.4	7:43	0.1	7:15	4:51	
26	Wed	2:20	4.1	2:36	3.5	8:26	0.4	8:36	-0.1	7:15	4:51	
27	Thu	3:21	4.4	3:37	3.4	9:30	0.2	9:32	-0.2	7:15	4:52	
28	Fri	4:20	4.8	4:37	3.4	10:35	0.0	10:30	-0.4	7:16	4:53	
29	Sat	5:18	5.1	5:34	3.5	11:36	-0.2	11:28	-0.7	7:16	4:53	
30	Sun	6:15	5.4	6:31	3.6			12:33	-0.4	7:16	4:54	
31	Mon	7:10	5.5	7:26	3.7	12:24	-0.9	1:27	-0.5	7:17	4:55	