

































Sand Shoal Inlet, VA - Jan 2000

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:04	3.7	4:13	3.1	10:11	0.4	10:09	0.1	7:17	4:55	
2	Sun	4:52	3.9	5:00	3.1	11:05	0.3	10:54	0.0	7:17	4:56	
3	Mon	5:35	4.1	5:44	3.1	11:52	0.3	11:36	0.0	7:17	4:57	
4	Tue	6:17	4.2	6:27	3.2			12:33	0.2	7:17	4:58	
5	Wed	6:57	4.4	7:09	3.3	12:17	-0.1	1:11	0.1	7:17	4:59	
6	Thu	7:38	4.5	7:50	3.3	12:57	-0.2	1:48	0.1	7:17	5:00	
7	Fri	8:18	4.6	8:31	3.4	1:36	-0.2	2:26	0.1	7:17	5:00	
8	Sat	8:58	4.6	9:12	3.4	2:16	-0.2	3:04	0.1	7:17	5:01	
9	Sun	9:38	4.5	9:53	3.4	2:56	-0.1	3:43	0.1	7:17	5:02	
10	Mon	10:18	4.4	10:35	3.4	3:37	0.0	4:24	0.1	7:17	5:03	
11	Tue	10:58	4.3	11:20	3.5	4:22	0.1	5:07	0.1	7:17	5:04	
12	Wed	11:41	4.1			5:12	0.1	5:53	0.1	7:16	5:05	
13	Thu	12:09	3.6	12:29	3.9	6:07	0.2	6:41	0.1	7:16	5:06	
14	Fri	1:04	3.7	1:23	3.7	7:06	0.2	7:32	0.0	7:16	5:07	
15	Sat	2:04	3.9	2:23	3.6	8:09	0.2	8:27	-0.1	7:16	5:08	
16	Sun	3:06	4.2	3:25	3.5	9:13	0.1	9:24	-0.3	7:15	5:09	
17	Mon	4:07	4.5	4:26	3.5	10:18	-0.1	10:22	-0.5	7:15	5:10	
18	Tue	5:06	4.9	5:25	3.6	11:21	-0.3	11:20	-0.7	7:15	5:11	
19	Wed	6:03	5.2	6:21	3.7			12:19	-0.5	7:14	5:12	
20	Thu	6:58	5.3	7:16	3.8	12:16	-0.9	1:13	-0.7	7:14	5:13	
21	Fri	7:51	5.4	8:10	3.9	1:10	-1.1	2:04	-0.8	7:13	5:14	
22	Sat	8:43	5.3	9:02	3.9	2:03	-1.1	2:54	-0.8	7:13	5:15	
23	Sun	9:33	5.1	9:53	3.9	2:55	-1.0	3:43	-0.7	7:12	5:17	
24	Mon	10:21	4.7	10:43	3.8	3:47	-0.8	4:31	-0.6	7:12	5:18	
25	Tue	11:09	4.3	11:34	3.7	4:40	-0.6	5:20	-0.4	7:11	5:19	
26	Wed	11:56	3.9			5:35	-0.3	6:08	-0.2	7:10	5:20	
27	Thu	12:26	3.6	12:46	3.5	6:32	0.0	6:57	0.0	7:10	5:21	
28	Fri	1:22	3.5	1:39	3.1	7:30	0.3	7:45	0.1	7:09	5:22	
29	Sat	2:20	3.5	2:35	2.9	8:30	0.4	8:35	0.2	7:08	5:23	
30	Sun	3:19	3.5	3:32	2.8	9:31	0.5	9:26	0.2	7:08	5:24	
31	Mon	4:14	3.6	4:25	2.8	10:29	0.5	10:16	0.2	7:07	5:25	