

































Sand Shoal Inlet, VA - Jan 2003

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:26	5.1	6:42	3.4			12:46	-0.4	7:17	4:56	
2	Thu	7:18	5.1	7:33	3.4	12:34	-0.7	1:37	-0.4	7:17	4:56	
3	Fri	8:08	5.1	8:23	3.4	1:24	-0.7	2:25	-0.4	7:17	4:57	
4	Sat	8:56	4.9	9:11	3.4	2:12	-0.7	3:11	-0.3	7:17	4:58	
5	Sun	9:42	4.7	9:58	3.3	2:59	-0.5	3:57	-0.2	7:17	4:59	
6	Mon	10:27	4.4	10:44	3.3	3:47	-0.3	4:41	-0.1	7:17	5:00	
7	Tue	11:11	4.1	11:31	3.2	4:35	-0.1	5:26	0.1	7:17	5:01	
8	Wed	11:55	3.8			5:26	0.1	6:09	0.2	7:17	5:02	
9	Thu	12:20	3.2	12:41	3.5	6:19	0.3	6:52	0.3	7:17	5:03	
10	Fri	1:12	3.2	1:30	3.2	7:13	0.5	7:36	0.4	7:17	5:03	
11	Sat	2:08	3.3	2:23	3.0	8:09	0.6	8:21	0.4	7:17	5:04	
12	Sun	3:03	3.5	3:17	2.9	9:07	0.6	9:08	0.4	7:16	5:05	
13	Mon	3:57	3.7	4:10	2.9	10:04	0.6	9:56	0.3	7:16	5:06	
14	Tue	4:46	4.0	4:59	3.0	10:58	0.5	10:45	0.1	7:16	5:07	
15	Wed	5:34	4.2	5:46	3.1	11:47	0.3	11:33	0.0	7:16	5:08	
16	Thu	6:20	4.5	6:32	3.2			12:33	0.2	7:15	5:09	
17	Fri	7:05	4.7	7:18	3.4	12:20	-0.2	1:17	0.0	7:15	5:10	
18	Sat	7:50	4.9	8:04	3.5	1:05	-0.4	2:00	-0.1	7:15	5:11	
19	Sun	8:35	5.0	8:50	3.6	1:51	-0.5	2:43	-0.2	7:14	5:13	
20	Mon	9:20	5.0	9:37	3.7	2:37	-0.6	3:28	-0.3	7:14	5:14	
21	Tue	10:05	4.9	10:25	3.8	3:26	-0.5	4:13	-0.3	7:13	5:15	
22	Wed	10:51	4.7	11:16	3.9	4:18	-0.4	5:00	-0.3	7:13	5:16	
23	Thu	11:39	4.3			5:14	-0.3	5:49	-0.3	7:12	5:17	
24	Fri	12:10	4.0	12:31	3.9	6:14	-0.1	6:40	-0.3	7:11	5:18	
25	Sat	1:09	4.0	1:28	3.5	7:18	0.0	7:34	-0.3	7:11	5:19	
26	Sun	2:12	4.1	2:31	3.2	8:24	0.1	8:31	-0.3	7:10	5:20	
27	Mon	3:18	4.2	3:36	3.0	9:33	0.1	9:30	-0.3	7:10	5:21	
28	Tue	4:22	4.4	4:38	3.0	10:42	0.0	10:30	-0.4	7:09	5:22	
29	Wed	5:22	4.5	5:36	3.0	11:44	-0.1	11:28	-0.5	7:08	5:23	
30	Thu	6:16	4.6	6:29	3.1			12:37	-0.2	7:07	5:24	
31	Fri	7:07	4.7	7:18	3.3	12:22	-0.6	1:24	-0.3	7:07	5:26	