

































Sand Shoal Inlet, VA - Jan 2004

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:14	3.5	3:25	3.0	9:20	0.5	9:20	0.2	7:17	4:55	
2	Fri	4:06	3.7	4:16	2.9	10:19	0.5	10:06	0.2	7:17	4:56	
3	Sat	4:53	3.9	5:03	2.9	11:12	0.4	10:51	0.2	7:17	4:57	
4	Sun	5:37	4.1	5:47	3.0	11:57	0.4	11:35	0.1	7:17	4:58	
5	Mon	6:20	4.3	6:30	3.0			12:38	0.3	7:17	4:59	
6	Tue	7:02	4.4	7:13	3.1	12:17	0.0	1:17	0.2	7:17	5:00	
7	Wed	7:44	4.5	7:55	3.2	12:58	-0.1	1:55	0.2	7:17	5:00	
8	Thu	8:25	4.6	8:36	3.3	1:39	-0.2	2:33	0.1	7:17	5:01	
9	Fri	9:06	4.6	9:18	3.3	2:19	-0.2	3:13	0.1	7:17	5:02	
10	Sat	9:46	4.6	10:00	3.4	3:01	-0.2	3:53	0.1	7:17	5:03	
11	Sun	10:26	4.5	10:44	3.4	3:45	-0.1	4:35	0.1	7:17	5:04	
12	Mon	11:08	4.3	11:31	3.6	4:33	0.0	5:18	0.1	7:16	5:05	
13	Tue	11:52	4.1			5:26	0.1	6:04	0.0	7:16	5:06	
14	Wed	12:23	3.7	12:42	3.8	6:24	0.2	6:52	0.0	7:16	5:07	
15	Thu	1:20	3.9	1:39	3.5	7:27	0.2	7:44	-0.1	7:16	5:08	
16	Fri	2:22	4.1	2:41	3.3	8:32	0.2	8:40	-0.2	7:15	5:09	
17	Sat	3:26	4.4	3:44	3.2	9:40	0.1	9:39	-0.3	7:15	5:10	
18	Sun	4:28	4.7	4:46	3.2	10:46	-0.1	10:39	-0.5	7:15	5:11	
19	Mon	5:28	4.9	5:45	3.3	11:48	-0.2	11:38	-0.7	7:14	5:12	
20	Tue	6:25	5.1	6:41	3.4			12:45	-0.4	7:14	5:13	
21	Wed	7:20	5.2	7:35	3.5	12:34	-0.9	1:37	-0.5	7:13	5:14	
22	Thu	8:12	5.2	8:27	3.6	1:27	-0.9	2:25	-0.6	7:13	5:15	
23	Fri	9:02	5.0	9:17	3.7	2:19	-0.9	3:12	-0.5	7:12	5:17	
24	Sat	9:48	4.8	10:06	3.7	3:09	-0.8	3:58	-0.5	7:12	5:18	
25	Sun	10:33	4.4	10:54	3.6	4:00	-0.6	4:42	-0.3	7:11	5:19	
26	Mon	11:17	4.0	11:42	3.6	4:51	-0.3	5:26	-0.2	7:10	5:20	
27	Tue			12:02	3.6	5:44	0.0	6:10	0.0	7:10	5:21	
28	Wed	12:31	3.5	12:49	3.2	6:39	0.2	6:55	0.2	7:09	5:22	
29	Thu	1:24	3.5	1:40	2.9	7:36	0.4	7:41	0.3	7:08	5:23	
30	Fri	2:21	3.5	2:36	2.7	8:34	0.6	8:29	0.3	7:08	5:24	
31	Sat	3:20	3.5	3:33	2.6	9:35	0.6	9:21	0.3	7:07	5:25	