


































Sand Shoal Inlet, VA - Jan 2009

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 10:57 | 4.1 | 11:18 | 3.5 | 4:22 | 0.2 | 5:03 | 0.2 | 7:17 | 4:56 |  |
| 2 | Fri | 11:37 | 3.9 | | | 5:10 | 0.3 | 5:46 | 0.2 | 7:17 | 4:57 |  |
| 3 | Sat | 12:05 | 3.6 | 12:22 | 3.7 | 6:04 | 0.4 | 6:31 | 0.2 | 7:17 | 4:58 |  |
| 4 | Sun | 12:58 | 3.8 | 1:14 | 3.5 | 7:03 | 0.4 | 7:20 | 0.1 | 7:17 | 4:59 |  |
| 5 | Mon | 1:56 | 4.0 | 2:13 | 3.3 | 8:05 | 0.4 | 8:14 | 0.0 | 7:17 | 4:59 |  |
| 6 | Tue | 2:59 | 4.3 | 3:16 | 3.2 | 9:10 | 0.3 | 9:11 | -0.2 | 7:17 | 5:00 |  |
| 7 | Wed | 4:01 | 4.6 | 4:18 | 3.3 | 10:15 | 0.1 | 10:11 | -0.4 | 7:17 | 5:01 |  |
| 8 | Thu | 5:01 | 4.9 | 5:17 | 3.4 | 11:18 | -0.1 | 11:11 | -0.6 | 7:17 | 5:02 |  |
| 9 | Fri | 5:58 | 5.2 | 6:15 | 3.5 | | | 12:17 | -0.3 | 7:17 | 5:03 |  |
| 10 | Sat | 6:54 | 5.4 | 7:10 | 3.7 | 12:09 | -0.9 | 1:11 | -0.5 | 7:17 | 5:04 |  |
| 11 | Sun | 7:48 | 5.4 | 8:05 | 3.9 | 1:04 | -1.0 | 2:01 | -0.7 | 7:16 | 5:05 |  |
| 12 | Mon | 8:40 | 5.4 | 8:58 | 4.0 | 1:58 | -1.1 | 2:50 | -0.7 | 7:16 | 5:06 |  |
| 13 | Tue | 9:30 | 5.1 | 9:50 | 4.0 | 2:51 | -1.0 | 3:38 | -0.7 | 7:16 | 5:07 |  |
| 14 | Wed | 10:18 | 4.8 | 10:41 | 4.0 | 3:44 | -0.8 | 4:26 | -0.6 | 7:16 | 5:08 |  |
| 15 | Thu | 11:05 | 4.3 | 11:33 | 3.9 | 4:39 | -0.6 | 5:14 | -0.5 | 7:15 | 5:09 |  |
| 16 | Fri | 11:53 | 3.8 | | | 5:36 | -0.3 | 6:01 | -0.3 | 7:15 | 5:10 |  |
| 17 | Sat | 12:26 | 3.8 | 12:42 | 3.3 | 6:34 | 0.0 | 6:50 | -0.1 | 7:15 | 5:11 |  |
| 18 | Sun | 1:22 | 3.7 | 1:35 | 3.0 | 7:35 | 0.3 | 7:39 | 0.1 | 7:14 | 5:12 |  |
| 19 | Mon | 2:22 | 3.6 | 2:33 | 2.7 | 8:38 | 0.5 | 8:31 | 0.2 | 7:14 | 5:13 |  |
| 20 | Tue | 3:23 | 3.6 | 3:32 | 2.6 | 9:42 | 0.5 | 9:24 | 0.2 | 7:13 | 5:14 |  |
| 21 | Wed | 4:21 | 3.7 | 4:27 | 2.6 | 10:44 | 0.5 | 10:17 | 0.2 | 7:13 | 5:15 |  |
| 22 | Thu | 5:12 | 3.8 | 5:16 | 2.7 | 11:35 | 0.5 | 11:07 | 0.1 | 7:12 | 5:16 |  |
| 23 | Fri | 5:58 | 4.0 | 6:02 | 2.9 | | | 12:17 | 0.4 | 7:12 | 5:17 |  |
| 24 | Sat | 6:40 | 4.2 | 6:45 | 3.1 | | | 12:54 | 0.3 | 7:11 | 5:18 |  |
| 25 | Sun | 7:20 | 4.3 | 7:27 | 3.3 | 12:36 | -0.2 | 1:29 | 0.2 | 7:10 | 5:20 |  |
| 26 | Mon | 7:59 | 4.4 | 8:08 | 3.4 | 1:17 | -0.3 | 2:03 | 0.1 | 7:10 | 5:21 |  |
| 27 | Tue | 8:37 | 4.5 | 8:49 | 3.6 | 1:56 | -0.3 | 2:38 | 0.0 | 7:09 | 5:22 |  |
| 28 | Wed | 9:14 | 4.4 | 9:28 | 3.7 | 2:36 | -0.3 | 3:13 | 0.0 | 7:08 | 5:23 |  |
| 29 | Thu | 9:51 | 4.3 | 10:08 | 3.8 | 3:17 | -0.2 | 3:49 | 0.0 | 7:08 | 5:24 |  |
| 30 | Fri | 10:28 | 4.1 | 10:50 | 3.9 | 4:01 | -0.1 | 4:28 | 0.0 | 7:07 | 5:25 |  |
| 31 | Sat | 11:08 | 3.8 | 11:35 | 4.0 | 4:49 | 0.0 | 5:09 | 0.0 | 7:06 | 5:26 |  |