

































## Sand Shoal Inlet, VA - Oct 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:33	4.1	6:56	4.5	12:19	0.8	12:28	0.6	6:58	6:46	
2	Fri	7:14	4.5	7:35	4.6	12:55	0.6	1:12	0.4	6:59	6:44	
3	Sat	7:54	4.8	8:14	4.6	1:30	0.4	1:54	0.3	7:00	6:43	
4	Sun	8:34	5.1	8:53	4.6	2:06	0.3	2:36	0.2	7:01	6:41	
5	Mon	9:14	5.3	9:34	4.4	2:43	0.2	3:19	0.2	7:02	6:40	
6	Tue	9:57	5.4	10:16	4.3	3:21	0.2	4:04	0.3	7:03	6:39	
7	Wed	10:41	5.4	11:00	4.1	4:02	0.2	4:52	0.4	7:04	6:37	
8	Thu	11:29	5.3	11:47	3.9	4:47	0.3	5:45	0.5	7:04	6:36	
9	Fri			12:22	5.2	5:38	0.4	6:43	0.6	7:05	6:34	
10	Sat	12:41	3.7	1:20	5.0	6:37	0.5	7:45	0.7	7:06	6:33	
11	Sun	1:43	3.6	2:25	4.9	7:41	0.5	8:49	0.7	7:07	6:31	
12	Mon	2:53	3.6	3:34	4.8	8:49	0.5	9:51	0.6	7:08	6:30	
13	Tue	4:04	3.8	4:39	4.8	9:57	0.4	10:49	0.4	7:09	6:29	
14	Wed	5:08	4.2	5:37	4.8	11:04	0.2	11:42	0.2	7:10	6:27	
15	Thu	6:05	4.6	6:29	4.7			12:05	0.0	7:11	6:26	
16	Fri	6:55	5.0	7:18	4.7	12:31	0.0	1:02	-0.1	7:12	6:24	
17	Sat	7:43	5.2	8:04	4.5	1:16	-0.2	1:53	-0.2	7:13	6:23	
18	Sun	8:29	5.4	8:48	4.3	1:58	-0.2	2:41	-0.2	7:14	6:22	
19	Mon	9:13	5.4	9:32	4.1	2:40	-0.2	3:26	-0.1	7:15	6:20	
20	Tue	9:57	5.3	10:16	3.9	3:21	-0.1	4:11	0.1	7:16	6:19	
21	Wed	10:42	5.1	10:59	3.7	4:02	0.1	4:57	0.3	7:17	6:18	
22	Thu	11:27	4.9	11:44	3.5	4:46	0.3	5:45	0.6	7:18	6:17	
23	Fri			12:14	4.6	5:32	0.5	6:36	0.8	7:19	6:15	
24	Sat	12:31	3.3	1:05	4.3	6:22	0.7	7:29	1.0	7:20	6:14	
25	Sun	1:23	3.2	1:59	4.1	7:17	0.9	8:22	1.1	7:21	6:13	
26	Mon	2:22	3.2	2:57	4.0	8:14	1.0	9:13	1.1	7:21	6:12	
27	Tue	3:23	3.3	3:54	4.0	9:12	1.0	10:01	1.0	7:22	6:10	
28	Wed	4:21	3.6	4:45	4.0	10:09	0.9	10:45	0.8	7:24	6:09	
29	Thu	5:12	3.9	5:32	4.1	11:04	0.8	11:28	0.7	7:25	6:08	
30	Fri	5:57	4.3	6:15	4.2	11:55	0.6			7:26	6:07	
31	Sat	6:40	4.7	6:58	4.2	12:09	0.5	12:43	0.4	7:27	6:06	