
































## Sand Shoal Inlet, VA - Nov 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:22	5.1	6:40	4.3	12:49	0.3	12:29	0.2	6:28	5:05	
2	Mon	7:05	5.3	7:24	4.2	12:30	0.1	1:14	0.1	6:29	5:04	
3	Tue	7:49	5.5	8:08	4.2	1:12	0.0	2:00	0.0	6:30	5:03	
4	Wed	8:36	5.6	8:55	4.1	1:55	-0.1	2:48	0.1	6:31	5:02	
5	Thu	9:24	5.6	9:43	3.9	2:41	-0.1	3:38	0.1	6:32	5:01	
6	Fri	10:15	5.5	10:35	3.8	3:30	0.0	4:32	0.2	6:33	5:00	
7	Sat	11:09	5.3	11:31	3.7	4:25	0.1	5:30	0.3	6:34	4:59	
8	Sun			12:06	5.0	5:25	0.2	6:29	0.4	6:35	4:58	
9	Mon	12:33	3.7	1:08	4.7	6:30	0.3	7:29	0.3	6:36	4:57	
10	Tue	1:41	3.7	2:12	4.5	7:38	0.3	8:27	0.3	6:37	4:56	
11	Wed	2:50	4.0	3:16	4.3	8:47	0.3	9:22	0.2	6:38	4:55	
12	Thu	3:54	4.3	4:14	4.1	9:53	0.2	10:13	0.0	6:39	4:55	
13	Fri	4:49	4.6	5:06	4.0	10:55	0.1	11:02	-0.1	6:40	4:54	
14	Sat	5:38	4.9	5:55	3.9	11:51	0.0	11:48	-0.2	6:41	4:53	
15	Sun	6:24	5.1	6:40	3.8			12:41	0.0	6:42	4:52	
16	Mon	7:08	5.1	7:24	3.7	12:31	-0.2	1:26	0.0	6:43	4:52	
17	Tue	7:52	5.1	8:07	3.6	1:13	-0.2	2:09	0.0	6:44	4:51	
18	Wed	8:35	5.0	8:50	3.5	1:54	-0.1	2:51	0.1	6:45	4:50	
19	Thu	9:18	4.9	9:33	3.4	2:35	0.0	3:33	0.3	6:46	4:50	
20	Fri	10:01	4.7	10:17	3.3	3:17	0.2	4:17	0.5	6:47	4:49	
21	Sat	10:45	4.5	11:02	3.2	4:01	0.3	5:02	0.6	6:48	4:49	
22	Sun	11:30	4.3	11:50	3.2	4:48	0.5	5:48	0.7	6:49	4:48	
23	Mon			12:17	4.0	5:39	0.7	6:35	0.8	6:50	4:48	
24	Tue	12:42	3.2	1:07	3.9	6:34	0.8	7:20	0.8	6:51	4:47	
25	Wed	1:38	3.3	1:59	3.7	7:30	0.9	8:06	0.7	6:52	4:47	
26	Thu	2:35	3.6	2:52	3.7	8:27	0.8	8:51	0.6	6:53	4:47	
27	Fri	3:28	3.9	3:44	3.7	9:24	0.7	9:37	0.4	6:54	4:46	
28	Sat	4:18	4.3	4:33	3.7	10:19	0.6	10:24	0.3	6:55	4:46	
29	Sun	5:05	4.7	5:21	3.8	11:13	0.4	11:11	0.0	6:56	4:46	
30	Mon	5:52	5.0	6:09	3.8			12:04	0.1	6:57	4:46	