

































Sand Shoal Inlet, VA - Dec 2009

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:40	5.3	6:57	3.9			12:54	0.0	6:58	4:45	
2	Wed	7:29	5.5	7:46	3.9	12:46	-0.4	1:43	-0.2	6:59	4:45	
3	Thu	8:19	5.6	8:37	3.9	1:35	-0.5	2:33	-0.2	7:00	4:45	
4	Fri	9:10	5.6	9:29	3.9	2:25	-0.5	3:24	-0.2	7:01	4:45	
5	Sat	10:02	5.5	10:23	3.8	3:17	-0.5	4:17	-0.2	7:02	4:45	
6	Sun	10:55	5.2	11:19	3.8	4:13	-0.4	5:11	-0.1	7:03	4:45	
7	Mon	11:49	4.8			5:14	-0.2	6:07	-0.1	7:04	4:45	
8	Tue	12:19	3.8	12:46	4.4	6:18	0.0	7:02	-0.1	7:04	4:45	
9	Wed	1:23	3.9	1:46	4.0	7:24	0.1	7:56	-0.1	7:05	4:45	
10	Thu	2:29	4.0	2:47	3.6	8:32	0.2	8:50	-0.1	7:06	4:45	
11	Fri	3:33	4.2	3:47	3.4	9:39	0.2	9:43	-0.1	7:07	4:45	
12	Sat	4:30	4.4	4:43	3.3	10:44	0.2	10:34	-0.1	7:08	4:45	
13	Sun	5:21	4.5	5:32	3.2	11:41	0.1	11:23	-0.2	7:08	4:46	
14	Mon	6:07	4.6	6:18	3.2			12:30	0.1	7:09	4:46	
15	Tue	6:51	4.7	7:02	3.2	12:08	-0.2	1:13	0.0	7:10	4:46	
16	Wed	7:34	4.7	7:45	3.2	12:51	-0.2	1:53	0.0	7:10	4:47	
17	Thu	8:16	4.7	8:27	3.3	1:33	-0.2	2:31	0.1	7:11	4:47	
18	Fri	8:57	4.6	9:09	3.3	2:13	-0.2	3:09	0.2	7:11	4:47	
19	Sat	9:38	4.5	9:51	3.3	2:54	-0.1	3:48	0.2	7:12	4:48	
20	Sun	10:18	4.3	10:33	3.3	3:35	0.1	4:27	0.3	7:13	4:48	
21	Mon	10:57	4.1	11:17	3.3	4:18	0.2	5:07	0.4	7:13	4:49	
22	Tue	11:38	3.9			5:05	0.4	5:48	0.4	7:14	4:49	
23	Wed	12:03	3.3	12:21	3.7	5:55	0.5	6:30	0.4	7:14	4:50	
24	Thu	12:52	3.4	1:08	3.5	6:49	0.6	7:14	0.4	7:14	4:50	
25	Fri	1:46	3.6	2:00	3.3	7:45	0.7	8:01	0.3	7:15	4:51	
26	Sat	2:42	3.8	2:56	3.2	8:44	0.6	8:51	0.2	7:15	4:52	
27	Sun	3:38	4.1	3:52	3.2	9:44	0.5	9:44	0.0	7:16	4:52	
28	Mon	4:33	4.5	4:47	3.3	10:44	0.3	10:38	-0.2	7:16	4:53	
29	Tue	5:26	4.9	5:41	3.4	11:41	0.1	11:33	-0.4	7:16	4:54	
30	Wed	6:19	5.2	6:34	3.6			12:35	-0.2	7:16	4:54	
31	Thu	7:12	5.4	7:27	3.7	12:26	-0.7	1:26	-0.4	7:17	4:55	