

































Sand Shoal Inlet, VA - Jan 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:03	5.6	8:21	4.0	1:20	-0.9	2:15	-0.6	7:17	4:56	
2	Sat	8:54	5.5	9:14	4.1	2:12	-1.0	3:05	-0.7	7:17	4:57	
3	Sun	9:45	5.3	10:07	4.1	3:06	-0.9	3:54	-0.7	7:17	4:57	
4	Mon	10:35	5.0	11:01	4.1	4:01	-0.8	4:45	-0.6	7:17	4:58	
5	Tue	11:25	4.5	11:57	4.1	4:59	-0.5	5:36	-0.5	7:17	4:59	
6	Wed			12:18	4.0	6:00	-0.3	6:28	-0.4	7:17	5:00	
7	Thu	12:56	4.0	1:13	3.5	7:04	0.0	7:21	-0.3	7:17	5:01	
8	Fri	1:59	4.0	2:13	3.1	8:10	0.1	8:16	-0.2	7:17	5:02	
9	Sat	3:04	3.9	3:16	2.9	9:18	0.3	9:11	-0.1	7:17	5:03	
10	Sun	4:06	4.0	4:15	2.8	10:25	0.3	10:07	-0.1	7:17	5:04	
11	Mon	5:02	4.1	5:09	2.8	11:25	0.2	11:00	-0.1	7:17	5:05	
12	Tue	5:51	4.2	5:56	2.9			12:14	0.2	7:16	5:06	
13	Wed	6:35	4.2	6:40	3.0			12:55	0.1	7:16	5:07	
14	Thu	7:16	4.3	7:22	3.1	12:33	-0.3	1:31	0.1	7:16	5:08	
15	Fri	7:55	4.4	8:03	3.3	1:14	-0.3	2:05	0.0	7:15	5:09	
16	Sat	8:34	4.4	8:44	3.4	1:53	-0.3	2:39	0.0	7:15	5:10	
17	Sun	9:11	4.3	9:24	3.5	2:32	-0.2	3:14	0.0	7:15	5:11	
18	Mon	9:48	4.2	10:04	3.5	3:12	-0.1	3:49	0.1	7:14	5:12	
19	Tue	10:25	4.0	10:44	3.6	3:52	0.0	4:25	0.1	7:14	5:13	
20	Wed	11:02	3.8	11:25	3.6	4:36	0.2	5:03	0.2	7:13	5:14	
21	Thu	11:42	3.5			5:22	0.3	5:43	0.2	7:13	5:15	
22	Fri	12:11	3.6	12:25	3.3	6:14	0.4	6:28	0.2	7:12	5:16	
23	Sat	1:02	3.7	1:17	3.1	7:10	0.5	7:18	0.2	7:12	5:17	
24	Sun	2:00	3.9	2:16	3.0	8:11	0.5	8:13	0.1	7:11	5:18	
25	Mon	3:03	4.1	3:19	3.0	9:14	0.4	9:13	-0.1	7:11	5:19	
26	Tue	4:05	4.4	4:21	3.2	10:18	0.2	10:14	-0.3	7:10	5:20	
27	Wed	5:04	4.7	5:19	3.4	11:18	0.0	11:14	-0.6	7:09	5:21	
28	Thu	6:00	5.1	6:16	3.7			12:14	-0.3	7:09	5:23	
29	Fri	6:54	5.3	7:10	4.0	12:11	-0.9	1:05	-0.6	7:08	5:24	
30	Sat	7:46	5.4	8:03	4.2	1:06	-1.1	1:54	-0.8	7:07	5:25	
31	Sun	8:36	5.3	8:56	4.4	1:59	-1.2	2:41	-0.9	7:06	5:26	