

































## Sand Shoal Inlet, VA - Jan 2011

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:17	4.6	5:29	3.2	11:36	0.0	11:23	-0.4	7:17	4:56	
2	Sun	6:09	4.7	6:20	3.2			12:29	-0.1	7:17	4:56	
3	Mon	6:58	4.7	7:08	3.3	12:14	-0.5	1:16	-0.2	7:17	4:57	
4	Tue	7:43	4.7	7:54	3.4	1:01	-0.6	1:58	-0.2	7:17	4:58	
5	Wed	8:26	4.6	8:38	3.4	1:46	-0.5	2:37	-0.2	7:17	4:59	
6	Thu	9:07	4.5	9:21	3.4	2:29	-0.5	3:16	-0.1	7:17	5:00	
7	Fri	9:47	4.3	10:03	3.5	3:11	-0.3	3:54	-0.1	7:17	5:01	
8	Sat	10:27	4.1	10:46	3.4	3:54	-0.1	4:32	0.1	7:17	5:02	
9	Sun	11:07	3.8	11:30	3.4	4:38	0.1	5:12	0.2	7:17	5:03	
10	Mon	11:48	3.6			5:26	0.3	5:52	0.3	7:17	5:04	
11	Tue	12:16	3.4	12:32	3.3	6:15	0.5	6:35	0.3	7:17	5:04	
12	Wed	1:06	3.5	1:20	3.1	7:08	0.6	7:21	0.4	7:16	5:05	
13	Thu	2:01	3.5	2:14	3.0	8:04	0.7	8:10	0.3	7:16	5:06	
14	Fri	2:58	3.7	3:11	2.9	9:02	0.7	9:03	0.2	7:16	5:07	
15	Sat	3:55	4.0	4:07	3.0	10:01	0.5	9:57	0.1	7:16	5:08	
16	Sun	4:48	4.3	5:00	3.2	10:58	0.4	10:51	-0.1	7:15	5:09	
17	Mon	5:39	4.6	5:52	3.4	11:50	0.1	11:44	-0.4	7:15	5:11	
18	Tue	6:28	4.9	6:42	3.6			12:39	-0.1	7:14	5:12	
19	Wed	7:17	5.1	7:32	3.9	12:35	-0.6	1:26	-0.4	7:14	5:13	
20	Thu	8:05	5.2	8:22	4.1	1:25	-0.8	2:12	-0.6	7:14	5:14	
21	Fri	8:52	5.2	9:12	4.3	2:15	-0.9	2:58	-0.7	7:13	5:15	
22	Sat	9:40	5.0	10:03	4.4	3:06	-0.9	3:44	-0.7	7:13	5:16	
23	Sun	10:28	4.7	10:54	4.4	4:00	-0.8	4:32	-0.7	7:12	5:17	
24	Mon	11:17	4.3	11:49	4.3	4:56	-0.6	5:23	-0.6	7:11	5:18	
25	Tue			12:09	3.8	5:56	-0.3	6:15	-0.5	7:11	5:19	
26	Wed	12:47	4.2	1:05	3.4	6:59	-0.1	7:11	-0.4	7:10	5:20	
27	Thu	1:51	4.1	2:08	3.1	8:06	0.1	8:09	-0.3	7:09	5:21	
28	Fri	2:59	4.1	3:14	2.9	9:15	0.2	9:10	-0.2	7:09	5:22	
29	Sat	4:06	4.1	4:18	2.9	10:24	0.2	10:12	-0.2	7:08	5:23	
30	Sun	5:06	4.2	5:16	2.9	11:26	0.1	11:09	-0.3	7:07	5:25	
31	Mon	5:58	4.2	6:06	3.1			12:17	0.0	7:06	5:26	