

































Sand Shoal Inlet, VA - Jan 2020

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed			12:13	3.7	5:43	0.3	6:27	0.4	7:17	4:55	
2	Thu	12:40	3.1	1:01	3.5	6:35	0.5	7:11	0.4	7:17	4:56	
3	Fri	1:34	3.2	1:52	3.3	7:30	0.6	7:56	0.4	7:17	4:57	
4	Sat	2:29	3.4	2:45	3.2	8:26	0.6	8:42	0.4	7:17	4:58	
5	Sun	3:24	3.6	3:38	3.1	9:23	0.6	9:29	0.3	7:17	4:59	
6	Mon	4:15	3.9	4:29	3.2	10:19	0.5	10:18	0.1	7:17	5:00	
7	Tue	5:04	4.3	5:18	3.3	11:13	0.3	11:07	-0.1	7:17	5:01	
8	Wed	5:51	4.6	6:06	3.4			12:03	0.1	7:17	5:01	
9	Thu	6:39	4.9	6:54	3.5			12:51	-0.1	7:17	5:02	
10	Fri	7:26	5.1	7:42	3.6	12:43	-0.5	1:38	-0.3	7:17	5:03	
11	Sat	8:14	5.3	8:31	3.7	1:31	-0.6	2:25	-0.4	7:17	5:04	
12	Sun	9:02	5.3	9:20	3.8	2:19	-0.7	3:12	-0.5	7:16	5:05	
13	Mon	9:50	5.2	10:11	3.9	3:09	-0.7	4:01	-0.5	7:16	5:06	
14	Tue	10:39	5.0	11:04	3.9	4:02	-0.6	4:51	-0.5	7:16	5:07	
15	Wed	11:30	4.6	11:59	3.9	4:59	-0.5	5:43	-0.4	7:16	5:08	
16	Thu			12:23	4.2	6:00	-0.3	6:36	-0.4	7:15	5:09	
17	Fri	12:59	3.9	1:20	3.8	7:03	-0.1	7:30	-0.3	7:15	5:10	
18	Sat	2:02	4.0	2:21	3.4	8:10	0.0	8:25	-0.3	7:15	5:11	
19	Sun	3:08	4.1	3:24	3.2	9:18	0.1	9:22	-0.3	7:14	5:12	
20	Mon	4:10	4.2	4:25	3.1	10:25	0.0	10:19	-0.3	7:14	5:13	
21	Tue	5:08	4.3	5:21	3.0	11:27	0.0	11:14	-0.4	7:13	5:15	
22	Wed	6:00	4.4	6:12	3.1			12:21	-0.1	7:13	5:16	
23	Thu	6:48	4.5	6:59	3.1	12:05	-0.5	1:07	-0.2	7:12	5:17	
24	Fri	7:33	4.5	7:43	3.2	12:51	-0.5	1:49	-0.2	7:11	5:18	
25	Sat	8:16	4.5	8:26	3.3	1:35	-0.5	2:28	-0.2	7:11	5:19	
26	Sun	8:57	4.4	9:08	3.3	2:17	-0.5	3:05	-0.1	7:10	5:20	
27	Mon	9:36	4.3	9:50	3.4	2:58	-0.4	3:42	0.0	7:10	5:21	
28	Tue	10:15	4.1	10:31	3.4	3:39	-0.2	4:20	0.1	7:09	5:22	
29	Wed	10:54	3.9	11:13	3.4	4:22	0.0	4:58	0.2	7:08	5:23	
30	Thu	11:34	3.7	11:58	3.4	5:07	0.2	5:38	0.3	7:07	5:24	
31	Fri			12:17	3.4	5:56	0.4	6:20	0.3	7:07	5:25	