
































## Sand Shoal Inlet, VA - Jan 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	3:37	3.9	3:48	3.0	9:46	0.3	9:42	0.0	7:17	4:56	
2	Mon	4:32	4.0	4:42	2.9	10:49	0.3	10:32	0.0	7:17	4:56	
3	Tue	5:21	4.2	5:30	2.9	11:44	0.2	11:19	-0.1	7:17	4:57	
4	Wed	6:05	4.3	6:14	2.9			12:30	0.2	7:17	4:58	
5	Thu	6:48	4.3	6:56	3.0	12:03	-0.1	1:10	0.1	7:17	4:59	
6	Fri	7:29	4.4	7:38	3.0	12:45	-0.2	1:47	0.1	7:17	5:00	
7	Sat	8:10	4.4	8:19	3.1	1:25	-0.2	2:23	0.1	7:17	5:01	
8	Sun	8:51	4.4	9:00	3.1	2:05	-0.2	2:59	0.2	7:17	5:02	
9	Mon	9:30	4.4	9:41	3.2	2:44	-0.1	3:36	0.2	7:17	5:03	
10	Tue	10:08	4.3	10:22	3.2	3:24	0.0	4:14	0.3	7:17	5:04	
11	Wed	10:46	4.1	11:04	3.3	4:07	0.1	4:53	0.3	7:17	5:05	
12	Thu	11:25	3.9	11:48	3.3	4:52	0.2	5:33	0.3	7:16	5:06	
13	Fri			12:07	3.7	5:42	0.4	6:14	0.3	7:16	5:06	
14	Sat	12:36	3.4	12:53	3.4	6:36	0.4	6:59	0.3	7:16	5:07	
15	Sun	1:30	3.6	1:47	3.2	7:35	0.5	7:48	0.2	7:16	5:09	
16	Mon	2:29	3.9	2:46	3.1	8:37	0.4	8:41	0.1	7:15	5:10	
17	Tue	3:29	4.2	3:47	3.1	9:41	0.3	9:38	-0.1	7:15	5:11	
18	Wed	4:28	4.6	4:46	3.2	10:44	0.1	10:37	-0.3	7:14	5:12	
19	Thu	5:26	4.9	5:43	3.3	11:45	-0.1	11:35	-0.6	7:14	5:13	
20	Fri	6:22	5.2	6:39	3.5			12:40	-0.4	7:14	5:14	
21	Sat	7:17	5.4	7:34	3.7	12:31	-0.9	1:33	-0.5	7:13	5:15	
22	Sun	8:11	5.5	8:28	3.9	1:26	-1.0	2:23	-0.7	7:12	5:16	
23	Mon	9:03	5.4	9:21	4.0	2:20	-1.1	3:12	-0.7	7:12	5:17	
24	Tue	9:53	5.1	10:13	4.0	3:13	-1.0	4:01	-0.7	7:11	5:18	
25	Wed	10:42	4.7	11:06	4.0	4:09	-0.8	4:50	-0.6	7:11	5:19	
26	Thu	11:30	4.2			5:06	-0.5	5:39	-0.5	7:10	5:20	
27	Fri	12:00	3.9	12:21	3.7	6:05	-0.2	6:29	-0.3	7:09	5:21	
28	Sat	12:56	3.8	1:14	3.2	7:07	0.0	7:19	-0.1	7:09	5:22	
29	Sun	1:57	3.8	2:12	2.9	8:12	0.2	8:12	0.0	7:08	5:23	
30	Mon	3:00	3.7	3:14	2.7	9:19	0.4	9:06	0.1	7:07	5:25	
31	Tue	4:02	3.7	4:13	2.6	10:26	0.4	10:01	0.1	7:06	5:26	