



Sand Shoal Inlet, VA - Jan 2020

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 9:07 | 4.5 | 9:19 | 3.2 | 2:21 | -0.1 | 3:14 | 0.2 | 7:17 | 4:56 | ☉ |
| 2 | Mon | 9:47 | 4.5 | 10:00 | 3.2 | 3:00 | 0.0 | 3:54 | 0.2 | 7:17 | 4:56 | ☉ |
| 3 | Tue | 10:26 | 4.4 | 10:42 | 3.2 | 3:42 | 0.1 | 4:35 | 0.3 | 7:17 | 4:57 | ☾ |
| 4 | Wed | 11:06 | 4.2 | 11:27 | 3.3 | 4:27 | 0.2 | 5:17 | 0.3 | 7:17 | 4:58 | ☾ |
| 5 | Thu | 11:49 | 4.0 | | | 5:16 | 0.3 | 6:01 | 0.3 | 7:17 | 4:59 | ☾ |
| 6 | Fri | 12:15 | 3.4 | 12:36 | 3.8 | 6:11 | 0.3 | 6:48 | 0.2 | 7:17 | 5:00 | ☾ |
| 7 | Sat | 1:09 | 3.6 | 1:29 | 3.6 | 7:10 | 0.4 | 7:37 | 0.1 | 7:17 | 5:01 | ☾ |
| 8 | Sun | 2:08 | 3.8 | 2:27 | 3.5 | 8:13 | 0.3 | 8:29 | 0.0 | 7:17 | 5:02 | ☾ |
| 9 | Mon | 3:09 | 4.2 | 3:28 | 3.4 | 9:17 | 0.2 | 9:24 | -0.2 | 7:17 | 5:02 | ☾ |
| 10 | Tue | 4:09 | 4.6 | 4:28 | 3.4 | 10:22 | 0.0 | 10:21 | -0.4 | 7:17 | 5:03 | ☾ |
| 11 | Wed | 5:07 | 4.9 | 5:26 | 3.5 | 11:24 | -0.2 | 11:19 | -0.6 | 7:16 | 5:04 | ☾ |
| 12 | Thu | 6:04 | 5.2 | 6:22 | 3.6 | | | 12:23 | -0.4 | 7:16 | 5:05 | ☾ |
| 13 | Fri | 7:00 | 5.4 | 7:17 | 3.7 | 12:15 | -0.8 | 1:17 | -0.6 | 7:16 | 5:06 | ☾ |
| 14 | Sat | 7:54 | 5.5 | 8:11 | 3.7 | 1:09 | -1.0 | 2:09 | -0.7 | 7:16 | 5:07 | ☾ |
| 15 | Sun | 8:47 | 5.4 | 9:05 | 3.8 | 2:03 | -1.1 | 3:00 | -0.7 | 7:15 | 5:08 | ☾ |
| 16 | Mon | 9:38 | 5.2 | 9:57 | 3.8 | 2:56 | -1.0 | 3:50 | -0.6 | 7:15 | 5:09 | ☾ |
| 17 | Tue | 10:28 | 4.9 | 10:50 | 3.7 | 3:50 | -0.8 | 4:40 | -0.5 | 7:15 | 5:10 | ☾ |
| 18 | Wed | 11:16 | 4.4 | 11:42 | 3.7 | 4:45 | -0.5 | 5:29 | -0.4 | 7:14 | 5:11 | ☾ |
| 19 | Thu | | | 12:05 | 3.9 | 5:43 | -0.3 | 6:18 | -0.2 | 7:14 | 5:12 | ☾ |
| 20 | Fri | 12:37 | 3.6 | 12:56 | 3.5 | 6:42 | 0.0 | 7:07 | -0.1 | 7:14 | 5:14 | ☾ |
| 21 | Sat | 1:34 | 3.5 | 1:50 | 3.1 | 7:43 | 0.2 | 7:56 | 0.1 | 7:13 | 5:15 | ☾ |
| 22 | Sun | 2:34 | 3.5 | 2:47 | 2.8 | 8:45 | 0.4 | 8:45 | 0.2 | 7:12 | 5:16 | ☾ |
| 23 | Mon | 3:33 | 3.6 | 3:44 | 2.7 | 9:49 | 0.5 | 9:35 | 0.2 | 7:12 | 5:17 | ☾ |
| 24 | Tue | 4:27 | 3.7 | 4:37 | 2.7 | 10:48 | 0.4 | 10:25 | 0.2 | 7:11 | 5:18 | ☾ |
| 25 | Wed | 5:16 | 3.9 | 5:24 | 2.8 | 11:38 | 0.4 | 11:13 | 0.1 | 7:11 | 5:19 | ☉ |
| 26 | Thu | 6:01 | 4.1 | 6:09 | 2.9 | | | 12:21 | 0.3 | 7:10 | 5:20 | ☉ |
| 27 | Fri | 6:44 | 4.2 | 6:52 | 3.1 | | | 12:59 | 0.2 | 7:09 | 5:21 | ☉ |
| 28 | Sat | 7:25 | 4.4 | 7:34 | 3.2 | 12:41 | -0.2 | 1:35 | 0.1 | 7:09 | 5:22 | ☉ |
| 29 | Sun | 8:05 | 4.5 | 8:15 | 3.3 | 1:21 | -0.2 | 2:11 | 0.1 | 7:08 | 5:23 | ☉ |
| 30 | Mon | 8:44 | 4.5 | 8:55 | 3.4 | 2:01 | -0.3 | 2:47 | 0.0 | 7:07 | 5:24 | ☉ |
| 31 | Tue | 9:22 | 4.5 | 9:36 | 3.5 | 2:41 | -0.3 | 3:24 | 0.0 | 7:06 | 5:26 | ☉ |