

































## Sand Shoal Inlet, VA - Jan 2046

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:43	4.1	2:58	3.2	8:53	0.2	8:56	-0.2	7:17	4:56	
2	Tue	3:47	4.2	3:59	3.0	10:02	0.2	9:52	-0.2	7:17	4:57	
3	Wed	4:46	4.3	4:57	2.9	11:07	0.1	10:48	-0.2	7:17	4:58	
4	Thu	5:39	4.4	5:49	3.0			12:03	0.1	7:17	4:58	
5	Fri	6:28	4.5	6:36	3.0			12:51	0.0	7:17	4:59	
6	Sat	7:13	4.5	7:21	3.1	12:28	-0.4	1:32	0.0	7:17	5:00	
7	Sun	7:56	4.5	8:04	3.2	1:12	-0.4	2:11	0.0	7:17	5:01	
8	Mon	8:37	4.5	8:47	3.3	1:54	-0.4	2:47	0.0	7:17	5:02	
9	Tue	9:16	4.4	9:28	3.3	2:35	-0.3	3:23	0.0	7:17	5:03	
10	Wed	9:55	4.2	10:09	3.4	3:16	-0.2	4:00	0.1	7:17	5:04	
11	Thu	10:33	4.0	10:51	3.4	3:58	0.0	4:36	0.2	7:16	5:05	
12	Fri	11:11	3.8	11:34	3.4	4:42	0.2	5:14	0.2	7:16	5:06	
13	Sat	11:51	3.5			5:29	0.4	5:54	0.3	7:16	5:07	
14	Sun	12:19	3.4	12:34	3.2	6:19	0.5	6:36	0.4	7:16	5:08	
15	Mon	1:09	3.5	1:23	3.0	7:14	0.6	7:23	0.4	7:15	5:09	
16	Tue	2:05	3.6	2:19	2.9	8:11	0.6	8:13	0.3	7:15	5:10	
17	Wed	3:04	3.8	3:18	2.9	9:12	0.6	9:08	0.2	7:15	5:11	
18	Thu	4:02	4.1	4:16	3.0	10:13	0.5	10:05	0.0	7:14	5:12	
19	Fri	4:58	4.5	5:11	3.2	11:12	0.2	11:02	-0.3	7:14	5:13	
20	Sat	5:51	4.8	6:05	3.4			12:06	0.0	7:13	5:14	
21	Sun	6:43	5.1	6:57	3.7			12:56	-0.3	7:13	5:15	
22	Mon	7:34	5.3	7:49	3.9	12:50	-0.8	1:44	-0.5	7:12	5:16	
23	Tue	8:23	5.3	8:41	4.1	1:42	-1.0	2:31	-0.7	7:12	5:17	
24	Wed	9:12	5.2	9:32	4.3	2:34	-1.0	3:17	-0.7	7:11	5:18	
25	Thu	10:00	4.9	10:24	4.4	3:27	-0.9	4:04	-0.7	7:10	5:20	
26	Fri	10:48	4.5	11:16	4.4	4:23	-0.7	4:53	-0.7	7:10	5:21	
27	Sat	11:38	4.0			5:21	-0.5	5:43	-0.5	7:09	5:22	
28	Sun	12:12	4.3	12:30	3.5	6:23	-0.2	6:35	-0.4	7:08	5:23	
29	Mon	1:11	4.1	1:28	3.1	7:27	0.0	7:31	-0.2	7:08	5:24	
30	Tue	2:17	4.0	2:32	2.8	8:36	0.2	8:30	-0.1	7:07	5:25	
31	Wed	3:26	3.9	3:39	2.7	9:47	0.3	9:31	-0.1	7:06	5:26	