

































## Sand Shoal Inlet, VA - Jan 2049

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:03	5.0	5:20	3.6	11:17	-0.1	11:15	-0.6	7:17	4:56	
2	Sat	5:59	5.3	6:16	3.8			12:14	-0.4	7:17	4:57	
3	Sun	6:53	5.5	7:11	3.9	12:11	-0.9	1:08	-0.6	7:17	4:58	
4	Mon	7:47	5.6	8:05	4.1	1:06	-1.1	1:59	-0.8	7:17	4:59	
5	Tue	8:39	5.5	8:59	4.1	1:59	-1.1	2:49	-0.8	7:17	5:00	
6	Wed	9:30	5.3	9:52	4.2	2:52	-1.1	3:39	-0.8	7:17	5:00	
7	Thu	10:20	4.9	10:45	4.1	3:47	-0.9	4:29	-0.7	7:17	5:01	
8	Fri	11:09	4.5	11:38	4.0	4:43	-0.6	5:19	-0.6	7:17	5:02	
9	Sat	11:59	4.0			5:41	-0.3	6:10	-0.4	7:17	5:03	
10	Sun	12:34	3.9	12:51	3.5	6:41	0.0	7:01	-0.2	7:16	5:04	
11	Mon	1:33	3.7	1:47	3.1	7:43	0.2	7:53	-0.1	7:16	5:05	
12	Tue	2:35	3.7	2:46	2.9	8:47	0.4	8:46	0.0	7:16	5:06	
13	Wed	3:36	3.7	3:44	2.8	9:51	0.4	9:39	0.1	7:16	5:07	
14	Thu	4:32	3.8	4:37	2.8	10:51	0.4	10:30	0.0	7:16	5:08	
15	Fri	5:20	3.9	5:25	2.9	11:41	0.4	11:19	0.0	7:15	5:09	
16	Sat	6:04	4.1	6:10	3.0			12:22	0.3	7:15	5:10	
17	Sun	6:46	4.2	6:52	3.2	12:03	-0.1	12:58	0.2	7:14	5:11	
18	Mon	7:25	4.3	7:34	3.3	12:44	-0.2	1:33	0.1	7:14	5:12	
19	Tue	8:04	4.4	8:15	3.5	1:24	-0.3	2:08	0.0	7:14	5:13	
20	Wed	8:42	4.4	8:55	3.6	2:03	-0.3	2:43	0.0	7:13	5:14	
21	Thu	9:20	4.4	9:35	3.7	2:43	-0.2	3:19	0.0	7:13	5:15	
22	Fri	9:57	4.2	10:15	3.8	3:24	-0.1	3:56	0.0	7:12	5:17	
23	Sat	10:35	4.1	10:57	3.8	4:07	0.0	4:35	0.0	7:11	5:18	
24	Sun	11:15	3.9	11:42	3.9	4:54	0.1	5:18	0.0	7:11	5:19	
25	Mon	11:59	3.6			5:45	0.2	6:04	0.0	7:10	5:20	
26	Tue	12:34	4.0	12:50	3.4	6:43	0.3	6:56	0.0	7:10	5:21	
27	Wed	1:32	4.1	1:50	3.2	7:44	0.3	7:52	-0.1	7:09	5:22	
28	Thu	2:37	4.2	2:55	3.2	8:49	0.3	8:53	-0.2	7:08	5:23	
29	Fri	3:42	4.5	4:00	3.3	9:55	0.1	9:56	-0.4	7:07	5:24	
30	Sat	4:44	4.7	5:01	3.5	10:58	-0.1	10:58	-0.7	7:07	5:25	
31	Sun	5:43	5.0	5:59	3.7	11:56	-0.4	11:57	-0.9	7:06	5:26	