

































Sand Shoal Inlet, VA - Jan 2056

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:40	4.6	6:54	3.5			12:51	0.1	7:17	4:56	
2	Sun	7:24	4.8	7:39	3.6	12:42	-0.2	1:34	-0.1	7:17	4:56	
3	Mon	8:08	5.0	8:24	3.6	1:26	-0.3	2:17	-0.1	7:17	4:57	
4	Tue	8:52	5.1	9:09	3.7	2:10	-0.4	3:01	-0.2	7:17	4:58	
5	Wed	9:37	5.0	9:56	3.7	2:55	-0.4	3:47	-0.2	7:17	4:59	
6	Thu	10:23	4.9	10:45	3.7	3:44	-0.4	4:34	-0.2	7:17	5:00	
7	Fri	11:11	4.7	11:37	3.8	4:37	-0.3	5:24	-0.2	7:17	5:01	
8	Sat			12:01	4.4	5:34	-0.2	6:16	-0.2	7:17	5:02	
9	Sun	12:34	3.8	12:56	4.1	6:35	-0.1	7:09	-0.3	7:17	5:03	
10	Mon	1:35	3.9	1:56	3.8	7:39	0.0	8:04	-0.3	7:17	5:03	
11	Tue	2:40	4.1	2:59	3.5	8:46	0.0	9:01	-0.4	7:16	5:04	
12	Wed	3:43	4.3	4:01	3.4	9:53	0.0	9:58	-0.4	7:16	5:05	
13	Thu	4:43	4.5	4:59	3.3	10:58	-0.2	10:55	-0.6	7:16	5:06	
14	Fri	5:39	4.7	5:54	3.4	11:57	-0.3	11:49	-0.7	7:16	5:07	
15	Sat	6:31	4.8	6:46	3.4			12:50	-0.4	7:15	5:08	
16	Sun	7:21	4.9	7:35	3.4	12:40	-0.7	1:37	-0.4	7:15	5:09	
17	Mon	8:08	4.8	8:23	3.5	1:28	-0.7	2:22	-0.4	7:15	5:10	
18	Tue	8:53	4.7	9:08	3.5	2:14	-0.7	3:05	-0.4	7:14	5:12	
19	Wed	9:37	4.5	9:52	3.4	2:59	-0.6	3:46	-0.3	7:14	5:13	
20	Thu	10:19	4.3	10:36	3.4	3:43	-0.4	4:28	-0.1	7:13	5:14	
21	Fri	11:00	4.0	11:21	3.3	4:29	-0.2	5:09	0.0	7:13	5:15	
22	Sat	11:42	3.7			5:17	0.1	5:51	0.2	7:12	5:16	
23	Sun	12:08	3.3	12:27	3.4	6:07	0.3	6:35	0.3	7:12	5:17	
24	Mon	12:58	3.3	1:16	3.2	6:59	0.5	7:19	0.3	7:11	5:18	
25	Tue	1:52	3.4	2:08	3.0	7:54	0.6	8:07	0.4	7:11	5:19	
26	Wed	2:48	3.5	3:04	2.9	8:51	0.6	8:56	0.3	7:10	5:20	
27	Thu	3:44	3.7	3:59	3.0	9:48	0.6	9:48	0.2	7:09	5:21	
28	Fri	4:36	4.0	4:50	3.1	10:44	0.4	10:39	0.1	7:09	5:22	
29	Sat	5:26	4.3	5:39	3.3	11:35	0.3	11:29	-0.2	7:08	5:23	
30	Sun	6:13	4.6	6:27	3.5			12:23	0.0	7:07	5:25	
31	Mon	7:00	4.8	7:14	3.7	12:18	-0.4	1:09	-0.2	7:06	5:26	