

































## Sand Shoal Inlet, VA - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:54	4.5	4:12	3.6	10:02	0.0	10:09	-0.4	7:17	4:56	
2	Tue	4:52	4.8	5:10	3.6	11:05	-0.2	11:06	-0.6	7:17	4:57	
3	Wed	5:48	5.1	6:06	3.7			12:05	-0.4	7:17	4:58	
4	Thu	6:43	5.3	7:01	3.7	12:01	-0.8	1:00	-0.6	7:17	4:59	
5	Fri	7:36	5.4	7:54	3.7	12:54	-0.9	1:53	-0.7	7:17	5:00	
6	Sat	8:29	5.4	8:47	3.7	1:46	-1.0	2:43	-0.7	7:17	5:00	
7	Sun	9:20	5.2	9:38	3.6	2:37	-0.9	3:33	-0.6	7:17	5:01	
8	Mon	10:09	4.9	10:29	3.6	3:29	-0.7	4:22	-0.4	7:17	5:02	
9	Tue	10:57	4.5	11:19	3.5	4:21	-0.5	5:12	-0.3	7:17	5:03	
10	Wed	11:44	4.1			5:16	-0.2	6:00	-0.1	7:16	5:04	
11	Thu	12:11	3.4	12:33	3.7	6:12	0.0	6:48	0.0	7:16	5:05	
12	Fri	1:06	3.3	1:24	3.3	7:09	0.3	7:35	0.1	7:16	5:06	
13	Sat	2:03	3.3	2:18	3.1	8:08	0.4	8:22	0.2	7:16	5:07	
14	Sun	3:01	3.4	3:13	2.9	9:07	0.5	9:09	0.2	7:15	5:08	
15	Mon	3:55	3.6	4:06	2.9	10:05	0.5	9:57	0.2	7:15	5:09	
16	Tue	4:45	3.8	4:55	2.9	10:59	0.4	10:45	0.1	7:15	5:10	
17	Wed	5:31	4.0	5:41	3.0	11:46	0.4	11:30	0.0	7:14	5:11	
18	Thu	6:15	4.2	6:26	3.1			12:28	0.2	7:14	5:12	
19	Fri	6:58	4.4	7:09	3.3	12:14	-0.1	1:08	0.1	7:14	5:13	
20	Sat	7:39	4.6	7:51	3.4	12:56	-0.2	1:47	0.0	7:13	5:14	
21	Sun	8:21	4.7	8:33	3.5	1:38	-0.3	2:26	0.0	7:13	5:16	
22	Mon	9:01	4.7	9:16	3.6	2:19	-0.3	3:06	-0.1	7:12	5:17	
23	Tue	9:42	4.7	9:59	3.7	3:02	-0.3	3:47	-0.1	7:11	5:18	
24	Wed	10:24	4.6	10:44	3.7	3:47	-0.3	4:30	-0.1	7:11	5:19	
25	Thu	11:07	4.3	11:32	3.8	4:37	-0.2	5:15	-0.1	7:10	5:20	
26	Fri	11:54	4.1			5:31	-0.1	6:03	-0.1	7:09	5:21	
27	Sat	12:25	3.9	12:46	3.8	6:30	0.0	6:54	-0.2	7:09	5:22	
28	Sun	1:24	4.0	1:44	3.5	7:33	0.1	7:49	-0.2	7:08	5:23	
29	Mon	2:28	4.2	2:48	3.3	8:39	0.1	8:47	-0.3	7:07	5:24	
30	Tue	3:33	4.4	3:52	3.2	9:47	0.0	9:48	-0.4	7:06	5:25	
31	Wed	4:36	4.6	4:54	3.3	10:53	-0.1	10:49	-0.6	7:06	5:26	