US HARBORS www.USHarbors.com

Sand Shoal Inlet, VA - Jan 2068

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	**4:28**	4.3	**4:42**	3.3	**10:35**	0.4	**10:33**	-0.1	7:17	4:56	
2	Mon	**5:20**	4.7	**5:34**	3.5	**11:30**	0.1	**11:26**	-0.4	7:17	4:56	
3	Tue	**6:10**	5.0	**6:25**	3.7			**12:22**	-0.1	7:17	4:57	
4	Wed	**7:00**	5.3	**7:16**	3.9	**12:18**	-0.6	**1:11**	-0.4	7:17	4:58	
5	Thu	**7:50**	5.4	**8:07**	4.0	**1:09**	-0.8	**1:59**	-0.5	7:17	4:59	
6	Fri	**8:39**	5.4	**8:59**	4.2	**1:59**	-0.9	**2:48**	-0.7	7:17	5:00	
7	Sat	**9:28**	5.3	**9:51**	4.2	**2:51**	-0.9	**3:36**	-0.7	7:17	5:01	
8	Sun	**10:18**	5.0	**10:44**	4.3	**3:45**	-0.8	**4:26**	-0.7	7:17	5:02	
9	Mon	**11:08**	4.6	**11:38**	4.2	**4:41**	-0.6	**5:17**	-0.6	7:17	5:03	
10	Tue			**12:00**	4.2	**5:41**	-0.4	**6:10**	-0.5	7:17	5:04	
11	Wed	**12:36**	4.1	**12:56**	3.7	**6:43**	-0.2	**7:05**	-0.4	7:16	5:05	
12	Thu	**1:39**	4.0	**1:56**	3.3	**7:49**	0.0	**8:01**	-0.3	7:16	5:05	
13	Fri	**2:45**	4.0	**2:59**	3.1	**8:56**	0.1	**8:58**	-0.2	7:16	5:06	
14	Sat	**3:50**	4.1	**4:02**	3.0	**10:04**	0.2	**9:56**	-0.2	7:16	5:07	
15	Sun	**4:49**	4.1	**4:58**	3.0	**11:07**	0.1	**10:52**	-0.3	7:15	5:08	
16	Mon	**5:41**	4.2	**5:49**	3.0			**12:01**	0.0	7:15	5:10	
17	Tue	**6:27**	4.3	**6:34**	3.1			**12:45**	0.0	7:15	5:11	
18	Wed	**7:09**	4.4	**7:17**	3.3	**12:29**	-0.4	**1:23**	-0.1	7:14	5:12	
19	Thu	**7:49**	4.4	**7:59**	3.4	**1:11**	-0.4	**1:59**	-0.1	7:14	5:13	
20	Fri	**8:28**	4.4	**8:40**	3.5	**1:51**	-0.4	**2:34**	-0.1	7:13	5:14	
21	Sat	**9:06**	4.3	**9:20**	3.5	**2:31**	-0.3	**3:09**	-0.1	7:13	5:15	
22	Sun	**9:44**	4.2	**10:01**	3.6	**3:10**	-0.2	**3:44**	0.0	7:12	5:16	
23	Mon	**10:22**	4.0	**10:41**	3.6	**3:51**	-0.1	**4:21**	0.1	7:12	5:17	
24	Tue	**11:00**	3.8	**11:23**	3.6	**4:34**	0.1	**5:00**	0.2	7:11	5:18	
25	Wed	**11:40**	3.5			**5:20**	0.3	**5:41**	0.2	7:11	5:19	
26	Thu	**12:08**	3.6	**12:23**	3.3	**6:09**	0.4	**6:25**	0.3	7:10	5:20	
27	Fri	**12:58**	3.6	**1:13**	3.1	**7:03**	0.5	**7:14**	0.3	7:09	5:21	
28	Sat	**1:55**	3.7	**2:10**	3.0	**8:01**	0.6	**8:08**	0.2	7:08	5:22	
29	Sun	**2:55**	3.9	**3:10**	3.1	**9:02**	0.5	**9:05**	0.0	7:08	5:23	
30	Mon	**3:55**	4.2	**4:10**	3.2	**10:03**	0.3	**10:04**	-0.2	7:07	5:25	
31	Tue	**4:52**	4.6	**5:07**	3.5	**11:02**	0.1	**11:02**	-0.5	7:06	5:26	