



NOAA Tide Predictions

Sand Shoal Inlet (Coast Guard Station), Virginia, 2017

The NOAA Tide Predictions application provides predictions in both graphical and tabular formats, with many user selected options, for over 3000 stations broken down by key areas in each state. Users can also access stations via the Google map interface. Additional information can be found in the help page.

Station Types: The NOAA Tide Predictions application provides predictions from 2 distinct categories of stations at over 3000 locations:

Harmonic - The predicted height values for Harmonic stations are conducted by combining the harmonic constituents into a single tide curve.

Subordinate - The high and low height values for Subordinate stations are obtained by means and differences, and ratios applied to the full harmonic constant predictions at a specific Harmonic station (a Reference station).

Disclaimer: The official Tide prediction tables are published annually on October 1, for the following calendar year. Tide predictions generated prior to the publishing date of the official tables are subject to change. The predictions from the web based NOAA Tidal Predictions are based upon the latest information available as of the date of your request. Tide predictions generated may differ from the official published predictions if information for the station requested has been updated since the publishing date of the official published tables.



Sand Shoal Inlet (Coast Guard Station), Virginia, 2017

Times and Heights of High and Low Waters

January					February					March				
Time	Height	Time	Height		Time	Height	Time	Height		Time	Height	Time	Height	
h m	ft cm	h m	ft cm		h m	ft cm	h m	ft cm		h m	ft cm	h m	ft cm	
1 Su	03:16 AM 09:56 AM 04:03 PM 10:14 PM	-0.1 4.7 0.0 3.6	-3 143 0 110		1 W	04:35 AM 11:01 AM 05:08 PM 11:28 PM	-0.3 4.4 -0.3 4.1	-9 134 -9 125		1 W	03:29 AM 09:55 AM 03:54 PM 10:18 PM	-0.6 4.7 -0.5 -1.5	-18 143 -17 143	
2 M	04:01 AM 10:38 AM 04:48 PM 11:00 PM	-0.1 4.6 0.0 3.6	-3 140 0 110		2 Th	05:30 AM 11:49 AM 05:57 PM	-0.2 4.1 -0.3	-6 125 -9		2 Th	12:06 AM 06:13 AM 12:25 PM 06:28 PM	3.6 0.3 3.2 0.2	110 9 98 6	
3 Tu	04:51 AM 11:23 AM 05:35 PM 11:50 PM	0.0 4.4 0.0 3.7	0 134 0 113		3 F	12:22 AM 06:29 AM 12:43 PM 06:51 PM	4.1 -0.1 3.8 -0.3	125 -3 116 -9		3 Sa	12:56 AM 07:05 AM 01:15 PM 07:16 PM	3.5 0.5 3.0 0.4	107 15 91 12	
4 W	05:46 AM 12:11 PM 06:25 PM	0.1 4.2 0.0	3 128 0		4 Sa	01:21 AM 07:32 AM 01:42 PM 07:48 PM	4.1 0.0 3.5 -0.3	125 0 107 -9		4 Su	01:52 AM 08:00 AM 02:10 PM 08:07 PM	3.5 0.6 2.9 0.4	107 18 88 12	
5 Th	12:45 AM 06:46 AM 01:06 PM 07:18 PM	3.8 0.1 0.4 -0.1	116 3 122 -3		5 Su	02:26 AM 08:38 AM 02:47 PM 08:48 PM	4.2 0.0 3.3 -0.3	128 0 101 -9		5 M	02:51 AM 08:58 AM 03:08 PM 09:00 PM	3.5 0.7 2.9 0.4	107 21 88 12	
6 F	01:45 AM 07:49 AM 02:05 PM 08:13 PM	3.9 0.1 3.8 -0.2	119 3 116 -6		6 M	03:32 AM 09:45 AM 03:52 PM 09:49 PM	4.3 0.0 3.3 -0.4	131 0 101 -12		6 Tu	03:49 AM 09:55 AM 04:04 PM 09:54 PM	3.7 0.6 3.0 0.3	113 18 91 9	
7 Sa	02:48 AM 08:54 AM 03:08 PM 09:10 PM	4.2 0.1 3.7 -0.4	128 3 113 -12		7 Tu	04:35 AM 10:50 AM 04:54 PM 10:50 PM	4.5 -0.2 3.4 -0.6	137 -6 104 -18		7 W	04:42 AM 10:48 AM 04:56 PM 10:47 PM	3.9 0.5 3.2 0.1	119 15 98 3	
8 Su	03:51 AM 09:59 AM 04:09 PM 10:08 PM	4.5 0.1 3.6 -0.5	137 -3 110 -15		8 W	05:34 AM 11:49 AM 05:51 PM 11:48 PM	4.7 -0.3 3.5 -0.7	143 -9 107 -21		8 Th	05:31 AM 11:37 AM 05:44 PM 11:37 PM	4.2 0.3 3.5 -0.1	128 9 107 -3	
9 M	04:50 AM 11:03 AM 05:08 PM 11:05 PM	4.8 -0.3 3.6 -0.7	146 -9 110 -21		9 Th	06:28 AM 12:42 PM 06:44 PM	4.8 -0.5 3.7	146 -15 113		9 F	06:16 AM 12:21 PM 06:30 PM	4.5 0.1 3.7	137 3 113	
10 Tu	05:47 AM 12:02 PM 06:04 PM	5.0 -0.5 3.7	152 -15 113		10 F	12:41 AM 07:19 AM 01:30 PM 07:34 PM	-0.9 4.9 -0.6 3.8	-27 149 -18 116		10 Sa	12:23 AM 07:00 AM 01:03 PM 07:15 PM	-0.3 4.7 -0.1 4.0	-9 143 -3 122	
11 W	12:01 AM 06:41 AM 12:56 PM 06:59 PM	-0.9 5.2 -0.6 3.8	-27 158 -18 116		11 Sa	01:31 AM 08:06 AM 02:14 PM 08:22 PM	-0.9 4.8 -0.6 3.9	-27 146 -18 119		11 Su	01:09 AM 07:44 AM 01:45 PM 08:00 PM	-0.5 4.8 -0.3 4.2	-15 146 -9 128	
12 Th	12:54 AM 07:34 AM 01:47 PM 07:51 PM	-1.0 5.2 -0.7 3.8	-30 158 -21 116		12 Su	02:18 AM 08:51 AM 02:56 PM 09:08 PM	-0.9 4.7 -0.6 3.9	-27 143 -18 119		12 M	01:54 AM 08:27 AM 02:26 PM 08:45 PM	-0.6 4.9 -0.4 4.5	-18 149 -12 137	
13 F	01:45 AM 08:24 AM 02:36 PM 08:42 PM	-1.0 5.2 -0.7 3.8	-30 158 -21 116		13 M	03:04 AM 09:34 AM 03:37 PM 09:52 PM	-0.7 4.5 -0.5 3.9	-21 137 -15 119		13 Tu	02:41 AM 09:11 AM 03:09 PM 09:30 PM	-0.6 4.8 -0.5 4.6	-18 146 -15 140	
14 Sa	02:35 AM 09:13 AM 03:23 PM 09:32 PM	-0.9 5.0 -0.6 3.8	-27 152 -18 116		14 Tu	03:49 AM 10:16 AM 04:18 PM 10:35 PM	-0.5 4.2 -0.3 3.8	-15 128 -9 116		14 W	03:42 AM 10:06 AM 04:02 PM 10:22 PM	-0.5 4.2 -0.3 4.3	-15 128 -9 131	
15 Su	03:24 AM 10:00 AM 04:10 PM 10:20 PM	-0.8 4.7 -0.5 3.7	-24 143 -15 113		15 W	04:35 AM 10:57 AM 05:00 PM 11:20 PM	-0.2 3.9 -0.1 3.7	-6 119 -3 113		15 Th	04:24 AM 10:45 AM 04:39 PM 11:03 PM	-0.3 4.0 -0.1 4.2	-9 122 -3 128	
					16 Th	05:06 AM 11:31 AM 05:43 PM 11:08 PM	-0.2 4.0 -0.2 3.5	-6 122 -6 107		16 F	05:23 AM 11:40 AM 05:43 PM	0.0 3.5 0.1	0 107 3	
					17 F	05:06 AM 11:31 AM 05:43 PM 11:57 PM	-0.2 4.0 -0.2 3.5	-6 122 -6 107		17 Sa	12:06 AM 06:13 AM 12:25 PM 06:28 PM	3.6 0.3 3.2 0.2	110 9 98 6	
					18 Sa	05:59 AM 12:17 PM 06:30 PM	0.0 3.6 0.0	0 110 0		18 Su	12:56 AM 07:05 AM 01:15 PM 07:16 PM	3.5 0.5 3.0 0.4	107 15 91 12	
					19 Su	12:49 AM 06:53 AM 01:07 PM 07:17 PM	3.4 0.3 3.3 0.1	104 9 101 3		19 M	01:52 AM 08:00 AM 02:10 PM 08:07 PM	3.5 0.6 2.9 0.4	107 18 88 12	
					20 M	01:44 AM 07:49 AM 02:00 PM 08:04 PM	3.3 0.4 3.0 0.2	101 12 91 6		20 Tu	02:51 AM 08:58 AM 03:08 PM 09:00 PM	3.5 0.7 2.9 0.4	107 21 88 12	
					21 Tu	02:42 AM 08:46 AM 02:55 PM 08:53 PM	3.4 0.5 2.9 0.3	104 15 88 9		21 W	03:49 AM 09:55 AM 04:04 PM 09:54 PM	3.7 0.6 3.0 0.3	113 18 91 9	
					22 W	03:38 AM 09:44 AM 03:50 PM 09:43 PM	3.5 0.5 2.9 0.2	107 15 88 6		22 Th	04:42 AM 10:48 AM 04:56 PM 10:47 PM	3.9 0.5 3.2 0.1	119 15 98 3	
					23 Th	04:30 AM 10:39 AM 04:41 PM 10:32 PM	3.7 0.5 3.0 0.1	113 15 91 3		23 F	05:31 AM 11:37 AM 05:44 PM 11:37 PM	4.2 0.3 3.5 -0.1	128 9 107 -3	
					24 F	05:18 AM 11:28 AM 05:29 PM 11:20 PM	4.0 0.4 3.1 0.0	122 12 94 0		24 Sa	06:16 AM 12:21 PM 06:30 PM	4.5 0.1 3.7	137 3 113	
					25 Sa	06:03 AM 12:12 PM 06:14 PM	4.2 0.2 3.3	128 6 101		25 Su	12:23 AM 07:00 AM 01:03 PM 07:15 PM	-0.3 4.7 -0.1 4.0	-9 143 -3 122	
					26 Su	12:05 AM 06:46 AM 12:54 PM 06:58 PM	-0.2 4.5 0.1 3.5	-6 137 3 107		26 M	01:09 AM 07:44 AM 01:45 PM 08:00 PM	-0.5 4.8 -0.3 4.2	-15 146 -9 128	
					27 M	12:48 AM 07:29 AM 01:34 PM 07:42 PM	-0.3 4.6 -0.1 3.6	-9 140 -3 110		27 Tu	01:54 AM 08:27 AM 02:26 PM 08:45 PM	-0.6 4.9 -0.4 4.5	-18 149 -12 137	
					28 Tu	01:31 AM 08:10 AM 02:14 PM 08:25 PM	-0.4 4.8 -0.2 3.8	-12 146 -6 116		28 W	02:41 AM 09:11 AM 03:09 PM 09:30 PM	-0.6 4.8 -0.5 4.6	-18 146 -15 140	
					29 W	02:14 AM 08:52 AM 02:55 PM 09:08 PM	-0.5 4.8 -0.3 3.9	-15 146 -9 119		29 Th	03:42 AM 10:06 AM 04:02 PM 10:22 PM	-0.5 4.2 -0.3 4.3	-15 128 -9 131	
					30 Th	02:58 AM 09:34 AM 03:37 PM 09:52 PM	-0.5 4.8 -0.3 4.0	-15 146 -9 122		30 F	04:24 AM 10:45 AM 04:39 PM 11:03 PM	-0.3 4.0 -0.1 4.2	-9 122 -3 128	
					31 F	03:44 AM 10:17 AM 04:21 PM 10:38 PM	-0.4 4.6 -0.3 4.0	-12 140 -9 122		31 Sa	05:07 AM 11:24 AM 05:18 PM 11:50 PM	-0.5 4.4 -0.4 5.1	-15 134 -12 155	



Sand Shoal Inlet (Coast Guard Station), Virginia, 2017

Datum:mean lower low water (MLLW) which is the chart datum of soundings

Times and Heights of High and Low Waters

July					August					September														
Time		Height			Time		Height			Time		Height			Time		Height							
h	m	ft	cm	h	m	ft	cm	h	m	ft	cm	h	m	ft	cm	h	m	ft	cm					
1	02:28 AM	3.8	116	16	01:36 AM	4.2	128	1	03:37 AM	3.3	101	16	03:12 AM	3.8	116	1	04:51 AM	3.4	104	16	05:12 AM	3.9	119	
Sa	08:41 AM	0.2	6	Su	07:47 AM	0.2	6	Tu	09:35 AM	0.6	18	W	09:12 AM	0.2	6	F	10:39 AM	0.8	24	Sa	11:05 AM	0.1	3	
•	03:10 PM	3.8	116	•	02:14 PM	4.3	131	•	04:20 PM	4.0	122	•	03:56 PM	4.9	149	•	05:27 PM	4.4	134	•	05:47 PM	5.0	152	
•	09:14 PM	0.5	15	•	08:19 PM	0.5	15	•	10:32 PM	0.8	24	•	10:10 PM	0.4	12	•	11:36 PM	0.9	27	•				
2	03:25 AM	3.5	107	17	02:32 AM	4.0	122	2	04:33 AM	3.2	98	17	04:17 AM	3.8	116	2	05:43 AM	3.6	110	17	12:01 AM	0.2	6	
Su	09:30 AM	0.3	9	M	08:39 AM	0.1	3	W	10:25 AM	0.6	18	Th	10:14 AM	0.1	3	Sa	11:31 AM	0.6	18	Su	06:10 AM	4.2	128	
•	04:08 PM	3.9	119	•	03:14 PM	4.5	137	•	05:13 PM	4.2	128	•	05:00 PM	5.1	155	•	06:14 PM	4.6	140	•	12:06 PM	0.0	0	
•	10:14 PM	0.6	18	•	09:21 PM	0.4	12	•	11:27 PM	0.8	24	•	11:15 PM	0.3	9	•				•	06:42 PM	5.1	155	
3	04:20 AM	3.4	104	18	03:33 AM	3.9	119	3	05:26 AM	3.3	101	18	05:21 AM	3.9	119	3	12:22 AM	0.8	24	18	12:53 AM	0.1	3	
M	10:18 AM	0.3	9	Tu	09:34 AM	0.0	0	Th	11:15 AM	0.5	15	F	11:16 AM	-0.1	-3	Su	06:30 AM	3.9	119	M	07:03 AM	4.4	134	
•	05:01 PM	4.0	122	•	04:16 PM	4.8	146	•	06:01 PM	4.4	134	•	06:00 PM	5.3	162	•	12:20 PM	0.5	15	•	01:01 PM	-0.2	-6	
•	11:12 PM	0.6	18	•	10:25 PM	0.3	9	•				•			•	06:58 PM	4.8	146	•	07:31 PM	5.1	155		
4	05:12 AM	3.3	101	19	04:35 AM	3.9	119	4	12:16 AM	0.7	21	19	12:16 AM	0.1	3	4	01:05 AM	0.6	18	19	01:39 AM	-0.1	-3	
Tu	11:05 AM	0.4	12	W	10:32 AM	-0.1	-3	F	06:14 AM	3.4	104	Sa	06:20 AM	4.0	122	M	07:14 AM	4.1	125	Tu	07:52 AM	4.6	140	
•	05:49 PM	4.2	128	•	05:16 PM	5.1	155	•	12:03 PM	0.4	12	•	12:16 PM	-0.3	-9	•	01:06 PM	0.3	9	•	01:52 PM	-0.2	-6	
				•	11:29 PM	0.1	3	•	06:46 PM	4.6	140	•	06:56 PM	5.4	165	•	07:41 PM	5.0	152	•	08:17 PM	5.1	155	
5	12:04 AM	0.6	18	20	05:35 AM	3.9	119	5	01:00 AM	0.6	18	20	01:11 AM	-0.1	-3	5	01:45 AM	0.4	12	20	02:22 AM	-0.1	-3	
W	06:00 AM	3.3	101	Th	11:31 AM	-0.3	-9	Sa	07:00 AM	3.6	110	Su	07:16 AM	4.2	128	Tu	07:58 AM	4.4	134	W	08:37 AM	4.8	146	
•	11:50 AM	0.3	9	•	06:14 PM	5.4	165	•	12:49 PM	0.3	9	•	01:12 PM	-0.4	-12	•	01:50 PM	0.1	3	•	02:39 PM	-0.2	-6	
•	06:32 PM	4.4	134	•				•	07:29 PM	4.8	146	•	07:49 PM	5.5	168	•	08:23 PM	5.2	158	•	•	09:01 PM	4.9	149
6	12:50 AM	0.5	15	21	12:30 AM	-0.1	-3	6	01:40 AM	0.5	15	21	02:01 AM	-0.2	-6	6	02:24 AM	0.2	6	21	03:02 AM	-0.1	-3	
Th	06:45 AM	3.4	104	F	06:34 AM	4.0	122	Su	07:43 AM	3.8	116	M	08:08 AM	4.4	134	W	08:41 AM	4.7	143	Th	09:21 AM	4.9	149	
•	12:34 PM	0.3	9	•	12:29 PM	-0.5	-15	•	12:32 PM	0.2	6	•	02:05 PM	-0.5	-15	•	02:34 PM	0.0	0	•	03:23 PM	-0.2	-6	
•	07:14 PM	4.6	140	•	07:10 PM	5.6	171	•	08:11 PM	4.9	149	•	•		•	09:04 PM	5.2	158	•	09:44 PM	4.7	143		
7	01:31 AM	0.4	12	22	01:27 AM	-0.3	-9	7	02:18 AM	0.4	12	22	02:48 AM	-0.3	-9	7	03:04 AM	0.1	3	22	03:41 AM	0.0	0	
F	07:28 AM	3.5	107	Sa	07:30 AM	4.1	125	M	08:26 AM	4.0	122	Tu	08:58 AM	4.5	137	Th	09:24 AM	4.9	149	F	10:04 AM	4.9	149	
•	01:17 PM	0.2	6	•	01:25 PM	-0.6	-18	•	02:14 PM	0.1	3	•	02:55 PM	-0.5	-15	•	03:19 PM	0.0	0	•	04:07 PM	0.0	0	
•	07:56 PM	4.7	143	•	08:04 PM	5.7	174	•	08:52 PM	5.0	152	•	09:26 PM	5.3	162	•	09:46 PM	5.2	158	•	10:25 PM	4.5	137	
8	02:10 AM	0.3	9	23	02:20 AM	-0.4	-12	8	02:57 AM	0.3	9	23	03:32 AM	-0.3	-9	8	03:44 AM	0.0	0	23	04:20 AM	0.1	3	
Sa	08:11 AM	3.6	110	Su	08:25 AM	4.2	128	Tu	09:09 AM	4.1	125	W	09:47 AM	4.6	140	F	10:08 AM	5.0	152	Sa	10:47 AM	4.8	146	
•	01:58 PM	0.2	6	•	02:19 PM	-0.7	-21	•	02:56 PM	0.1	3	•	03:43 PM	-0.4	-12	•	04:05 PM	0.0	0	•	04:52 PM	0.2	6	
•	08:37 PM	4.8	146	•	08:57 PM	5.7	174	•	09:33 PM	5.1	155	•	10:12 PM	5.0	152	•	10:30 PM	5.0	152	•	11:07 PM	4.2	128	
9	02:48 AM	0.3	9	24	03:10 AM	-0.5	-15	9	03:35 AM	0.2	6	24	04:15 AM	-0.2	-6	9	04:26 AM	0.0	0	24	05:00 AM	0.3	9	
Su	08:54 AM	3.7	113	M	09:18 AM	4.3	131	W	09:51 AM	4.3	131	Th	10:33 AM	4.6	140	Sa	10:53 AM	5.1	155	Su	11:29 AM	4.7	143	
•	02:38 PM	0.1	3	•	03:11 PM	-0.7	-21	•	03:39 PM	0.1	3	•	04:31 PM	-0.2	-6	•	04:54 PM	0.1	3	•	05:38 PM	0.5	15	
•	09:18 PM	4.9	149	•	09:48 PM	5.5	168	•	10:13 PM	5.0	152	•	10:56 PM	4.7	143	•	11:14 PM	4.8	146	•	11:49 PM	4.0	122	
10	03:26 AM	0.3	9	25	03:59 AM	-0.5	-15	10	04:15 AM	0.2	6	25	04:58 AM	0.0	0	10	05:12 AM	0.1	3	25	05:42 AM	0.5	15	
M	09:36 AM	3.8	116	Tu	10:10 AM	4.3	131	Th	10:34 AM	4.4	134	F	11:19 AM	4.6	140	Su	11:41 AM	5.2	158	M	12:14 PM	4.5	137	
•	03:19 PM	0.2	6	•	04:03 PM	-0.5	-15	•	04:24 PM	0.1	3	•	05:20 PM	0.1	3	•	05:48 PM	0.2	6	•	06:26 PM	0.7	21	
•	09:59 PM	4.9	149	•	10:37 PM	5.3	162	•	10:54 PM	4.9	149	•	11:39 PM	4.4	134	•				•				
11	04:05 AM	0.2	6	26	04:47 AM	-0.4	-12	11	04:56 AM	0.1	3	26	05:41 AM	0.2	6	11	12:02 AM	4.5	137	26	12:34 AM	3.7	113	
Tu	10:18 AM	3.8	116	W	11:00 AM	4.3	131	F	11:17 AM	4.5	137	Sa	12:04 PM	4.4	134	M	06:01 AM	0.2	6	Tu	06:27 AM	0.7	21	
•	04:00 PM	0.2	6	•	04:55 PM	-0.3	-9	•	05:12 PM	0.2	6	•	06:10 PM	0.4	12	•	12:33 PM	5.1	155	•	01:01 PM	4.4	134	
•	10:39 PM	4.9	149	•	11:25 PM	4.9	149	•	11:37 PM	4.8	146	•			•	06:45 PM	0.4	12	•	07:17 PM	0.9	27		
12	04:45 AM	0.3	9	27	05:34 AM	-0.2	-6	12	05:40 AM	0.2	6	27	12:23 AM	4.0	122	12	12:54 AM	4.2	128	27	01:22 AM	3.5	107	
W	11:00 AM	3.9	119	Th	11:50 AM	4.2	128	Sa	12:04 PM	4.6	140	Su	06:25 AM	0.4	12	Tu	06:55 AM	0.2	6	W	07:17 AM	0.9	27	
•	04:44 PM	0.3	9	•	05:48 PM	-0.1	-3	•	06:04 PM	0.3	9	•	12:51 PM	4.3	131	•	01:30 PM	5.0	152	•	01:54 PM	4.2	128	
•	11:19 PM	4.8	146	•				•			•	07:02 PM	0.6	18	•	07:47 PM	0.5	15	•	08:11 PM	1.1	34		
13	05:27 AM	0.3	9	28	12:11 AM	4.5	137	13	12:22 AM	4.5	137	28	01:10 AM	3.7	113	13	01:52 AM	3.9	119	28	02:16 AM	3.4	104	
Th	11:43 AM	3.9	119	F	06:22 AM	0.0	0	Su	06:28 AM	0.2	6	M	07:12 AM	0.6	18	W	07:54 AM	0.3	9	Th	08:10 AM	1.0	30	
•	05:31 PM	0.4	12	•	12:40 PM	4.1	125	•	12:54 PM	4.6	140	•	01:42 PM	4.2	128	•	02:33 PM	4.9	149	•	02:51 PM	4.2	128	
				•	06:43 PM	0.2	6	•	07:00 PM	0.4	12	•	07:56 PM	0.8	24	•	08:52 PM	0.5	15	•	09:06 PM	1.1	34	
14	12:01 AM	4.6	140	29	12:59 AM	4.1	125	14	01:13 AM	4.2	128	29	02:00 AM	3.5	107	14	02:58 AM	3.8	116	29	03:16 AM	3.4	104	
F	06:11 AM	0.3	9	Sa																				



Sand Shoal Inlet (Coast Guard Station), Virginia, 2017

Times and Heights of High and Low Waters

October					November					December														
Time		Height			Time		Height			Time		Height			Time		Height							
h	m	ft	cm	h	m	ft	cm	h	m	ft	cm	h	m	ft	cm	h	m	ft	cm					
1	05:09 AM	3.8	116	16	06:00 AM	4.2	128	1	06:12 AM	4.6	140	16	06:13 AM	4.6	140	1	05:31 AM	5.1	155	16	06:29 AM	4.4	134	
Su	10:56 AM	0.8	24	M	11:56 AM	0.2	6	W	12:10 PM	0.3	9	Th	12:22 PM	0.1	3	F	11:38 AM	-0.1	-3	Sa	12:45 PM	0.1	3	
	05:37 PM	4.6	140		06:24 PM	4.7	143		06:32 PM	4.7	143		06:27 PM	4.0	122		05:50 PM	4.3	131		06:41 PM	3.4	104	
	11:41 PM	0.8	24															-0.5	-15					
2	05:58 AM	4.1	125	17	12:30 AM	0.1	3	2	12:31 AM	0.1	3	17	12:23 AM	0.0	0	2	06:22 AM	5.5	168	17	12:33 AM	-0.1	-3	
M	11:49 AM	0.6	18	Tu	06:49 AM	4.5	137	Th	06:59 AM	5.1	155	F	06:52 AM	4.7	143	Sa	12:32 PM	-0.4	-12	Su	07:09 AM	4.5	137	
	06:23 PM	4.8	146		12:50 PM	0.0	0		01:01 PM	0.0	0		01:04 PM	0.0	0		06:41 PM	4.4	134		01:23 PM	0.1	3	
					07:10 PM	4.6	140		07:19 PM	4.8	146		07:08 PM	3.9	119							07:22 PM	3.4	104
3	12:25 AM	0.5	15	18	01:14 AM	0.0	0	3	01:17 AM	-0.2	-6	18	01:01 AM	-0.1	-3	3	12:36 AM	-0.7	-21	18	01:11 AM	-0.1	-3	
Tu	06:44 AM	4.5	137	W	07:33 AM	4.7	143	F	07:46 AM	5.5	168	Sa	07:32 AM	4.8	146	Su	07:12 AM	5.7	174	M	07:49 AM	4.6	140	
	12:38 PM	0.3	9		01:38 PM	0.0	0		01:51 PM	-0.2	-6		01:43 PM	0.1	3		01:25 PM	-0.6	-18		02:00 PM	0.1	3	
	07:07 PM	5.0	152		07:53 PM	4.6	140		08:07 PM	4.8	146		07:48 PM	3.8	116		07:33 PM	4.4	134		08:03 PM	3.4	104	
4	01:08 AM	0.3	9	19	01:53 AM	0.0	0	4	02:02 AM	-0.4	-12	19	01:38 AM	0.0	0	4	01:26 AM	-0.8	-24	19	01:50 AM	-0.1	-3	
W	07:28 AM	4.8	146	Th	08:15 AM	4.9	149	Sa	08:33 AM	5.7	174	Su	08:11 AM	4.8	146	M	08:04 AM	5.9	180	Tu	08:29 AM	4.6	140	
	01:26 PM	0.1	3		02:22 PM	0.0	0		02:34 PM	-0.4	-12		02:22 PM	0.1	3		02:17 PM	-0.6	-18		02:38 PM	0.1	3	
	07:51 PM	5.1	155		08:35 PM	4.5	137		08:55 PM	4.8	146		08:28 PM	3.8	116		08:25 PM	4.3	131		08:44 PM	3.4	104	
5	01:50 AM	0.1	3	20	02:31 AM	0.0	0	5	01:48 AM	-0.5	-15	20	02:15 AM	0.1	3	5	02:17 AM	-0.8	-24	20	02:28 AM	-0.1	-3	
Th	08:12 AM	5.2	158	F	08:56 AM	5.0	152	Su	08:22 AM	5.9	180	M	08:51 AM	4.8	146	Tu	08:56 AM	5.8	177	W	09:09 AM	4.6	140	
	02:12 PM	-0.1	-3		03:03 PM	0.0	0		02:32 PM	-0.4	-12		03:01 PM	0.2	6		03:09 PM	-0.6	-18		03:16 PM	0.1	3	
	08:35 PM	5.1	155		09:15 PM	4.3	131		08:45 PM	4.7	143		09:09 PM	3.7	113		09:18 PM	4.2	128		09:25 PM	3.4	104	
6	02:32 AM	-0.1	-3	21	03:08 AM	0.0	0	6	02:36 AM	-0.5	-15	21	02:53 AM	0.2	6	6	03:09 AM	-0.8	-24	21	03:08 AM	0.0	0	
F	08:58 AM	5.4	165	Sa	09:36 AM	5.0	152	M	09:13 AM	5.9	180	Tu	09:32 AM	4.7	143	W	09:49 AM	5.6	171	Th	09:49 AM	4.5	137	
	02:59 PM	-0.2	-6		03:44 PM	0.1	3		03:24 PM	-0.3	-9		03:41 PM	0.3	9		04:04 PM	-0.5	-15		03:56 PM	0.2	6	
	09:20 PM	5.1	155		09:56 PM	4.2	128		09:35 PM	4.5	137		09:50 PM	3.6	110		10:12 PM	4.0	122		10:07 PM	3.4	104	
7	03:14 AM	-0.2	-6	22	03:45 AM	0.2	6	7	03:26 AM	-0.4	-12	22	03:33 AM	0.3	9	7	04:04 AM	-0.6	-18	22	03:49 AM	0.2	6	
Sa	09:44 AM	5.6	171	Su	10:17 AM	4.9	149	Tu	10:05 AM	5.8	177	W	10:14 AM	4.6	140	Th	10:43 AM	5.3	162	F	10:29 AM	4.4	134	
	03:48 PM	-0.2	-6		04:25 PM	0.3	9		04:19 PM	-0.2	-6		04:24 PM	0.5	15		05:00 PM	-0.4	-12		04:38 PM	0.3	9	
	10:06 PM	4.9	149		10:36 PM	4.0	122		10:28 PM	4.2	128		10:33 PM	3.4	104		11:08 PM	3.9	119		10:49 PM	3.4	104	
8	03:59 AM	-0.2	-6	23	04:23 AM	0.3	9	8	04:20 AM	-0.2	-6	23	04:16 AM	0.5	15	8	05:03 AM	-0.4	-12	23	04:33 AM	0.3	9	
Su	11:22 AM	5.7	174	M	10:58 AM	4.8	146	W	10:59 AM	5.5	168	Th	10:56 AM	4.4	134	F	11:38 AM	4.9	149	Sa	11:10 AM	4.2	128	
	04:39 PM	-0.1	-3		05:08 PM	0.5	15		05:18 PM	0.0	0		05:09 PM	0.6	18		05:58 PM	-0.2	-6		05:21 PM	0.3	9	
	10:54 PM	4.7	143		11:18 PM	3.8	116		11:24 PM	4.0	122		11:17 PM	3.4	104						11:34 PM	3.4	104	
9	04:47 AM	-0.1	-3	24	05:04 AM	0.5	15	9	05:19 AM	0.0	0	24	05:02 AM	0.6	18	9	12:07 AM	3.7	113	24	05:22 AM	0.4	12	
M	11:22 AM	5.6	171	Tu	11:41 AM	4.6	140	Th	11:56 AM	5.1	155	F	11:41 AM	4.3	131	Sa	06:04 AM	-0.1	-3	Su	11:54 AM	4.1	125	
	05:33 PM	0.1	3		05:53 PM	0.7	21		06:19 PM	0.1	3		05:56 PM	0.7	21		12:35 PM	4.5	137		06:07 PM	0.3	9	
	11:44 PM	4.4	134														06:56 PM	-0.1	-3					
10	05:39 AM	0.0	0	25	12:01 AM	3.6	110	10	12:25 AM	3.8	116	25	12:05 AM	3.3	101	10	01:10 AM	3.6	110	25	12:22 AM	3.4	104	
Tu	12:15 PM	5.4	165	W	05:48 AM	0.7	21	F	06:22 AM	0.1	3	Sa	05:53 AM	0.7	21	Su	07:09 AM	0.1	3	M	06:15 AM	0.5	15	
	06:32 PM	0.2	6		12:26 PM	4.5	137		12:58 PM	4.8	146		12:29 PM	4.2	128		01:35 PM	4.1	125		12:42 PM	3.9	119	
					06:41 PM	0.8	24		07:21 PM	0.2	6		06:45 PM	0.7	21		07:53 PM	0.0	0		06:55 PM	0.3	9	
11	12:39 AM	4.1	125	26	12:48 AM	3.4	104	11	01:32 AM	3.7	113	26	12:58 AM	3.3	101	11	02:17 AM	3.6	110	26	01:16 AM	3.6	110	
W	06:36 AM	0.2	6	Th	06:37 AM	0.9	27	Sa	07:28 AM	0.3	9	Su	06:48 AM	0.8	24	M	08:14 AM	0.2	6	Tu	07:13 AM	0.5	15	
	01:13 PM	5.2	158		01:15 PM	4.3	131		02:03 PM	4.5	137		01:21 PM	4.1	125		02:38 PM	3.8	116		01:35 PM	3.8	116	
	07:34 PM	0.4	12		07:32 PM	1.0	30		08:23 PM	0.2	6		07:35 PM	0.6	18		08:48 PM	0.0	0		07:44 PM	0.2	6	
12	01:39 AM	3.9	119	27	01:40 AM	3.4	104	12	02:43 AM	3.7	113	27	01:55 AM	3.5	107	12	03:22 AM	3.7	113	27	02:14 AM	3.8	116	
Th	07:38 AM	0.3	9	F	07:30 AM	1.0	30	Su	08:35 AM	0.3	9	M	07:46 AM	0.7	21	Tu	09:20 AM	0.3	9	W	08:13 AM	0.4	12	
	02:16 PM	5.0	152		02:08 PM	4.2	128		03:09 PM	4.3	131		02:16 PM	4.0	122		03:37 PM	3.6	110		02:32 PM	3.7	113	
	08:39 PM	0.4	12		08:25 PM	1.0	30		09:21 PM	0.2	6		08:25 PM	0.5	15		09:40 PM	0.0	0		08:37 PM	0.0	0	
13	02:46 AM	3.7	113	28	02:37 AM	3.4	104	13	03:48 AM	3.9	119	28	02:53 AM	3.8	116	13	04:19 AM	3.9	119	28	03:13 AM	4.1	125	
F	08:43 AM	0.4	12	Sa	08:26 AM	1.0	30	M	09:41 AM	0.3	9	Tu	08:45 AM	0.6	18	W	10:22 AM	0.3	9	Th	09:15 AM	0.2	6	
	03:24 PM	4.8	146		03:05 PM	4.2	128		04:09 PM	4.2	128		03:12 PM	4.1	125		04:30 PM	3.5	107		03:31 PM	3.7	113	
	09:44 PM	0.4	12		09:17 PM	1.0	30		10:14 PM	0.1	3		09:15 PM	0.3	9		10:29 PM	0.0	0		09:31 PM	-0.2	-6	
14	03:57 AM	3.8	116	29	03:36 AM	3.5	107	14	04:44 AM	4.1	125	29	03:48 AM	4.2	128	14	05:07 AM	4.1	125	29	04:11 AM	4.5	137	
Sa	09:50 AM	0.4																						