

Sand Shoal Inlet, VA - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:46	5.4	10:10	4.1	3:08	-0.9	3:57	-0.7	7:17	4:56	
2	Tue	10:38	5.1	11:04	4.0	4:03	-0.8	4:51	-0.6	7:17	4:56	
3	Wed	11:31	4.7			5:01	-0.6	5:45	-0.5	7:17	4:57	
4	Thu	12:01	3.9	12:25	4.3	6:02	-0.3	6:40	-0.4	7:17	4:58	
5	Fri	1:02	3.8	1:23	3.8	7:05	-0.1	7:35	-0.3	7:17	4:59	
6	Sat	2:06	3.8	2:24	3.5	8:10	0.0	8:31	-0.2	7:17	5:00	
7	Sun	3:12	3.8	3:25	3.2	9:17	0.1	9:26	-0.2	7:17	5:01	
8	Mon	4:12	3.9	4:22	3.1	10:22	0.1	10:19	-0.2	7:17	5:01	
9	Tue	5:04	4.1	5:13	3.1	11:20	0.1	11:08	-0.2	7:17	5:02	
10	Wed	5:51	4.2	5:59	3.1			12:09	0.0	7:17	5:03	
11	Thu	6:33	4.3	6:42	3.2			12:50	0.0	7:17	5:04	
12	Fri	7:14	4.4	7:24	3.3	12:36	-0.3	1:28	-0.1	7:16	5:05	
13	Sat	7:54	4.4	8:06	3.4	1:16	-0.3	2:04	-0.1	7:16	5:06	
14	Sun	8:34	4.4	8:47	3.4	1:55	-0.3	2:40	-0.1	7:16	5:07	
15	Mon	9:13	4.4	9:27	3.4	2:34	-0.3	3:17	0.0	7:16	5:08	
16	Tue	9:52	4.3	10:08	3.5	3:14	-0.1	3:54	0.1	7:15	5:09	
17	Wed	10:30	4.1	10:49	3.5	3:55	0.0	4:33	0.1	7:15	5:10	
18	Thu	11:09	4.0	11:32	3.5	4:39	0.1	5:14	0.2	7:15	5:11	
19	Fri	11:51	3.8			5:26	0.3	5:57	0.2	7:14	5:12	
20	Sat	12:19	3.5	12:36	3.6	6:17	0.4	6:43	0.2	7:14	5:13	
21	Sun	1:11	3.6	1:28	3.4	7:13	0.4	7:33	0.2	7:13	5:15	
22	Mon	2:08	3.8	2:26	3.3	8:12	0.4	8:26	0.1	7:13	5:16	
23	Tue	3:08	4.1	3:26	3.4	9:14	0.3	9:23	-0.1	7:12	5:17	
24	Wed	4:08	4.4	4:25	3.5	10:16	0.1	10:21	-0.4	7:12	5:18	
25	Thu	5:05	4.8	5:22	3.7	11:16	-0.2	11:18	-0.6	7:11	5:19	
26	Fri	6:00	5.1	6:18	3.9			12:12	-0.4	7:10	5:20	
27	Sat	6:53	5.3	7:12	4.1	12:14	-0.9	1:05	-0.7	7:10	5:21	
28	Sun	7:46	5.5	8:05	4.3	1:08	-1.1	1:55	-0.9	7:09	5:22	
29	Mon	8:38	5.4	8:58	4.4	2:01	-1.2	2:45	-0.9	7:08	5:23	
30	Tue	9:28	5.2	9:51	4.4	2:54	-1.2	3:35	-0.9	7:08	5:24	
31	Wed	10:18	4.9	10:43	4.3	3:48	-1.0	4:25	-0.8	7:07	5:25	