

Sand Shoal Inlet, VA - Mar 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:56	4.7	10:19	4.6	3:31	-1.0	3:56	-0.8	6:34	5:56	
2	Fri	10:44	4.3	11:10	4.4	4:24	-0.7	4:44	-0.6	6:33	5:57	
3	Sat	11:32	3.8			5:19	-0.4	5:35	-0.3	6:31	5:58	
4	Sun	12:02	4.2	12:23	3.4	6:16	-0.1	6:27	-0.1	6:30	5:59	
5	Mon	12:57	3.9	1:18	3.1	7:15	0.2	7:22	0.1	6:29	6:00	
6	Tue	1:58	3.7	2:19	2.9	8:17	0.4	8:19	0.2	6:27	6:01	
7	Wed	3:03	3.6	3:22	2.9	9:20	0.5	9:17	0.3	6:26	6:02	
8	Thu	4:04	3.7	4:19	3.0	10:19	0.5	10:13	0.2	6:24	6:03	
9	Fri	4:57	3.8	5:08	3.2	11:09	0.4	11:04	0.2	6:23	6:04	
10	Sat	5:42	3.9	5:52	3.4	11:51	0.3	11:50	0.0	6:21	6:05	
11	Sun	6:23	4.1	6:34	3.7			12:27	0.2	6:20	6:06	
12	Mon	7:02	4.2	7:14	3.9	12:31	-0.1	1:02	0.1	6:18	6:07	
13	Tue	7:40	4.3	7:54	4.1	1:11	-0.2	1:37	0.0	6:17	6:07	
14	Wed	8:19	4.3	8:33	4.2	1:50	-0.2	2:12	0.0	6:15	6:08	
15	Thu	8:56	4.3	9:12	4.4	2:29	-0.2	2:48	0.0	6:14	6:09	
16	Fri	9:34	4.2	9:52	4.4	3:09	-0.1	3:25	0.0	6:13	6:10	
17	Sat	10:13	4.0	10:33	4.4	3:51	0.0	4:05	0.1	6:11	6:11	
18	Sun	10:54	3.9	11:18	4.4	4:37	0.1	4:48	0.1	6:10	6:12	
19	Mon	11:40	3.7			5:28	0.2	5:37	0.2	6:08	6:13	
20	Tue	12:09	4.4	12:32	3.5	6:24	0.3	6:32	0.2	6:07	6:14	
21	Wed	1:07	4.3	1:33	3.4	7:24	0.3	7:33	0.2	6:05	6:15	
22	Thu	2:12	4.4	2:39	3.5	8:27	0.3	8:37	0.0	6:04	6:16	
23	Fri	3:18	4.5	3:44	3.7	9:30	0.1	9:41	-0.2	6:02	6:17	
24	Sat	4:21	4.7	4:46	4.0	10:31	-0.1	10:45	-0.4	6:01	6:18	
25	Sun	5:20	4.8	5:43	4.3	11:28	-0.3	11:45	-0.7	5:59	6:18	
26	Mon	6:14	4.9	6:36	4.7			12:20	-0.6	5:58	6:19	
27	Tue	7:06	4.9	7:28	4.9	12:40	-0.9	1:08	-0.7	5:56	6:20	
28	Wed	7:56	4.9	8:18	5.1	1:33	-1.0	1:54	-0.8	5:55	6:21	
29	Thu	8:44	4.7	9:06	5.1	2:23	-0.9	2:40	-0.7	5:53	6:22	
30	Fri	9:31	4.4	9:54	4.9	3:13	-0.8	3:25	-0.6	5:52	6:23	
31	Sat	10:18	4.1	10:41	4.7	4:03	-0.5	4:12	-0.4	5:50	6:24	