

Sand Shoal Inlet, VA - May 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:00	4.5	12:24	3.4	6:18	0.2	6:16	0.3	6:08	7:52	
2	Wed	12:48	4.2	1:14	3.3	7:08	0.4	7:08	0.5	6:07	7:52	
3	Thu	1:39	4.0	2:07	3.2	7:59	0.6	8:03	0.7	6:06	7:53	
4	Fri	2:34	3.8	3:05	3.2	8:50	0.7	8:59	0.7	6:05	7:54	
5	Sat	3:31	3.7	4:03	3.4	9:40	0.7	9:55	0.7	6:04	7:55	
6	Sun	4:27	3.7	4:56	3.7	10:28	0.7	10:50	0.6	6:02	7:56	
7	Mon	5:17	3.8	5:44	4.0	11:14	0.5	11:42	0.5	6:01	7:57	
8	Tue	6:04	3.9	6:28	4.3	11:58	0.4			6:00	7:58	
9	Wed	6:48	4.0	7:11	4.6	12:30	0.3	12:40	0.2	5:59	7:59	
10	Thu	7:31	4.1	7:53	4.9	1:16	0.2	1:22	0.1	5:58	8:00	
11	Fri	8:15	4.2	8:36	5.1	2:00	0.0	2:03	0.0	5:57	8:00	
12	Sat	8:59	4.2	9:20	5.3	2:44	-0.1	2:46	-0.1	5:57	8:01	
13	Sun	9:43	4.2	10:06	5.4	3:29	-0.2	3:29	-0.1	5:56	8:02	
14	Mon	10:30	4.1	10:53	5.3	4:16	-0.2	4:16	-0.1	5:55	8:03	
15	Tue	11:18	4.0	11:42	5.2	5:06	-0.1	5:06	0.0	5:54	8:04	
16	Wed			12:09	3.9	5:59	0.0	6:01	0.1	5:53	8:05	
17	Thu	12:35	5.0	1:05	3.8	6:54	0.0	7:01	0.1	5:52	8:06	
18	Fri	1:32	4.8	2:06	3.8	7:52	0.1	8:04	0.2	5:52	8:06	
19	Sat	2:33	4.5	3:11	3.9	8:50	0.0	9:09	0.2	5:51	8:07	
20	Sun	3:36	4.3	4:16	4.1	9:47	0.0	10:15	0.1	5:50	8:08	
21	Mon	4:39	4.2	5:16	4.4	10:43	-0.1	11:19	0.0	5:49	8:09	
22	Tue	5:37	4.1	6:10	4.7	11:37	-0.2			5:49	8:10	
23	Wed	6:31	4.1	7:01	4.9	12:19	-0.1	12:28	-0.3	5:48	8:10	
24	Thu	7:21	4.0	7:49	5.1	1:14	-0.3	1:16	-0.4	5:47	8:11	
25	Fri	8:09	4.0	8:35	5.1	2:04	-0.3	2:01	-0.4	5:47	8:12	
26	Sat	8:56	3.9	9:20	5.1	2:51	-0.3	2:45	-0.3	5:46	8:13	
27	Sun	9:41	3.8	10:04	5.0	3:35	-0.3	3:28	-0.2	5:46	8:14	
28	Mon	10:26	3.7	10:48	4.8	4:19	-0.1	4:12	0.0	5:45	8:14	
29	Tue	11:10	3.6	11:31	4.6	5:03	0.1	4:56	0.2	5:45	8:15	
30	Wed	11:55	3.5			5:47	0.2	5:43	0.4	5:44	8:16	
31	Thu	12:16	4.3	12:42	3.4	6:33	0.4	6:32	0.6	5:44	8:16	