

Sand Shoal Inlet, VA - Jun 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:02	4.1	1:31	3.4	7:19	0.5	7:24	0.7	5:44	8:17	
2	Sat	1:51	3.9	2:24	3.4	8:05	0.6	8:17	0.8	5:43	8:18	
3	Sun	2:43	3.8	3:19	3.6	8:52	0.6	9:12	0.8	5:43	8:18	
4	Mon	3:37	3.7	4:13	3.8	9:38	0.6	10:08	0.8	5:43	8:19	
5	Tue	4:30	3.7	5:04	4.1	10:25	0.5	11:02	0.6	5:42	8:20	
6	Wed	5:20	3.8	5:51	4.5	11:12	0.4	11:55	0.5	5:42	8:20	
7	Thu	6:09	3.8	6:38	4.8			12:00	0.2	5:42	8:21	
8	Fri	6:56	4.0	7:24	5.1	12:46	0.2	12:46	0.0	5:42	8:21	
9	Sat	7:43	4.0	8:10	5.4	1:34	0.0	1:33	-0.1	5:42	8:22	
10	Sun	8:31	4.1	8:58	5.6	2:22	-0.1	2:20	-0.3	5:42	8:22	
11	Mon	9:20	4.2	9:47	5.6	3:10	-0.3	3:08	-0.4	5:41	8:23	
12	Tue	10:10	4.2	10:36	5.6	3:59	-0.3	3:58	-0.4	5:41	8:23	
13	Wed	11:02	4.2	11:27	5.4	4:49	-0.3	4:51	-0.3	5:41	8:24	
14	Thu	11:55	4.1			5:42	-0.3	5:47	-0.2	5:41	8:24	
15	Fri	12:20	5.1	12:51	4.1	6:36	-0.2	6:47	0.0	5:41	8:25	
16	Sat	1:15	4.8	1:51	4.1	7:32	-0.2	7:51	0.1	5:41	8:25	
17	Sun	2:13	4.4	2:54	4.2	8:28	-0.1	8:55	0.2	5:42	8:25	
18	Mon	3:14	4.1	3:58	4.3	9:23	-0.1	10:01	0.2	5:42	8:26	
19	Tue	4:16	3.9	4:59	4.5	10:18	-0.1	11:06	0.2	5:42	8:26	
20	Wed	5:15	3.7	5:54	4.6	11:12	-0.1			5:42	8:26	
21	Thu	6:09	3.7	6:44	4.8	12:07	0.1	12:04	-0.2	5:42	8:26	
22	Fri	6:59	3.6	7:30	4.9	1:02	0.0	12:52	-0.2	5:42	8:27	
23	Sat	7:47	3.6	8:15	4.9	1:50	-0.1	1:38	-0.2	5:43	8:27	
24	Sun	8:32	3.6	8:58	4.9	2:33	-0.1	2:22	-0.2	5:43	8:27	
25	Mon	9:16	3.6	9:41	4.9	3:14	0.0	3:04	-0.1	5:43	8:27	
26	Tue	9:59	3.6	10:22	4.7	3:54	0.0	3:45	0.0	5:44	8:27	
27	Wed	10:42	3.6	11:04	4.6	4:34	0.1	4:28	0.2	5:44	8:27	
28	Thu	11:25	3.6	11:45	4.4	5:15	0.2	5:11	0.3	5:44	8:27	
29	Fri			12:09	3.6	5:56	0.4	5:58	0.5	5:45	8:27	
30	Sat	12:28	4.2	12:55	3.6	6:38	0.5	6:46	0.7	5:45	8:27	