

Sand Shoal Inlet, VA - Jul 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	1:12	4.0	1:43	3.6	7:21	0.5	7:38	0.8	5:46	8:27	
2	Mon	1:59	3.8	2:35	3.8	8:06	0.6	8:31	0.8	5:46	8:27	
3	Tue	2:50	3.7	3:29	3.9	8:52	0.5	9:27	0.8	5:46	8:27	
4	Wed	3:44	3.6	4:23	4.2	9:40	0.5	10:24	0.7	5:47	8:27	
5	Thu	4:38	3.6	5:15	4.6	10:31	0.3	11:21	0.5	5:47	8:27	
6	Fri	5:31	3.7	6:06	4.9	11:23	0.2			5:48	8:26	
7	Sat	6:24	3.9	6:56	5.3	12:16	0.3	12:15	-0.1	5:49	8:26	
8	Sun	7:15	4.0	7:47	5.5	1:09	0.1	1:07	-0.3	5:49	8:26	
9	Mon	8:07	4.2	8:37	5.7	2:00	-0.2	1:58	-0.5	5:50	8:26	
10	Tue	8:59	4.3	9:28	5.8	2:50	-0.3	2:50	-0.6	5:50	8:25	
11	Wed	9:51	4.4	10:19	5.7	3:39	-0.5	3:42	-0.6	5:51	8:25	
12	Thu	10:44	4.5	11:10	5.5	4:30	-0.5	4:36	-0.5	5:52	8:25	
13	Fri	11:38	4.5			5:21	-0.5	5:33	-0.3	5:52	8:24	
14	Sat	12:02	5.1	12:33	4.5	6:14	-0.4	6:33	-0.1	5:53	8:24	
15	Sun	12:55	4.7	1:31	4.4	7:07	-0.3	7:35	0.1	5:54	8:23	
16	Mon	1:51	4.3	2:32	4.4	8:02	-0.2	8:39	0.2	5:54	8:23	
17	Tue	2:50	3.9	3:36	4.4	8:57	-0.1	9:45	0.3	5:55	8:22	
18	Wed	3:53	3.6	4:39	4.4	9:53	0.0	10:51	0.4	5:56	8:22	
19	Thu	4:53	3.5	5:36	4.5	10:48	0.0	11:53	0.3	5:57	8:21	
20	Fri	5:49	3.4	6:27	4.6	11:41	0.0			5:57	8:21	
21	Sat	6:39	3.4	7:13	4.7	12:47	0.3	12:32	0.0	5:58	8:20	
22	Sun	7:25	3.5	7:55	4.8	1:33	0.2	1:18	0.0	5:59	8:19	
23	Mon	8:09	3.6	8:37	4.8	2:13	0.2	2:00	0.0	6:00	8:19	
24	Tue	8:51	3.7	9:17	4.8	2:50	0.2	2:41	0.0	6:00	8:18	
25	Wed	9:33	3.8	9:57	4.7	3:27	0.2	3:21	0.1	6:01	8:17	
26	Thu	10:14	3.9	10:36	4.6	4:03	0.2	4:01	0.2	6:02	8:16	
27	Fri	10:55	3.9	11:15	4.5	4:40	0.3	4:43	0.3	6:03	8:15	
28	Sat	11:37	3.9	11:54	4.3	5:18	0.4	5:26	0.5	6:04	8:15	
29	Sun			12:19	3.9	5:57	0.5	6:12	0.6	6:04	8:14	
30	Mon	12:35	4.1	1:04	4.0	6:39	0.5	7:02	0.8	6:05	8:13	
31	Tue	1:19	3.9	1:53	4.0	7:23	0.6	7:55	0.9	6:06	8:12	