

Sand Shoal Inlet, VA - Aug 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:07	3.7	2:47	4.2	8:10	0.6	8:51	0.9	6:07	8:11	
2	Thu	3:02	3.6	3:44	4.4	9:01	0.5	9:50	0.8	6:08	8:10	
3	Fri	4:01	3.6	4:42	4.7	9:55	0.4	10:50	0.6	6:08	8:09	
4	Sat	5:00	3.8	5:38	5.0	10:52	0.2	11:49	0.4	6:09	8:08	
5	Sun	5:56	4.0	6:32	5.4	11:50	0.0			6:10	8:07	
6	Mon	6:51	4.2	7:25	5.6	12:45	0.1	12:46	-0.3	6:11	8:06	
7	Tue	7:45	4.5	8:17	5.8	1:37	-0.2	1:40	-0.5	6:12	8:05	
8	Wed	8:38	4.7	9:09	5.8	2:28	-0.4	2:33	-0.7	6:13	8:04	
9	Thu	9:31	4.9	10:00	5.7	3:17	-0.5	3:27	-0.7	6:13	8:03	
10	Fri	10:24	5.0	10:50	5.4	4:06	-0.6	4:21	-0.6	6:14	8:02	
11	Sat	11:17	5.0	11:41	5.1	4:55	-0.5	5:17	-0.4	6:15	8:00	
12	Sun			12:11	4.9	5:46	-0.4	6:15	-0.2	6:16	7:59	
13	Mon	12:32	4.6	1:06	4.7	6:39	-0.2	7:16	0.1	6:17	7:58	
14	Tue	1:27	4.1	2:06	4.6	7:33	0.0	8:20	0.3	6:18	7:57	
15	Wed	2:25	3.7	3:09	4.4	8:29	0.1	9:25	0.5	6:19	7:56	
16	Thu	3:28	3.5	4:15	4.4	9:26	0.3	10:32	0.6	6:19	7:54	
17	Fri	4:32	3.4	5:15	4.4	10:24	0.3	11:34	0.6	6:20	7:53	
18	Sat	5:30	3.4	6:07	4.5	11:20	0.3			6:21	7:52	
19	Sun	6:20	3.5	6:52	4.6	12:27	0.5	12:11	0.3	6:22	7:51	
20	Mon	7:04	3.6	7:33	4.7	1:10	0.5	12:57	0.2	6:23	7:49	
21	Tue	7:45	3.8	8:12	4.7	1:47	0.4	1:39	0.2	6:24	7:48	
22	Wed	8:26	4.0	8:51	4.8	2:21	0.3	2:19	0.2	6:24	7:47	
23	Thu	9:06	4.2	9:29	4.8	2:55	0.3	2:58	0.2	6:25	7:45	
24	Fri	9:46	4.3	10:07	4.7	3:29	0.3	3:36	0.2	6:26	7:44	
25	Sat	10:25	4.3	10:44	4.5	4:04	0.4	4:16	0.4	6:27	7:43	
26	Sun	11:05	4.4	11:22	4.4	4:40	0.4	4:58	0.5	6:28	7:41	
27	Mon	11:45	4.4			5:18	0.5	5:42	0.6	6:29	7:40	
28	Tue	12:02	4.2	12:28	4.4	5:59	0.6	6:31	0.8	6:29	7:38	
29	Wed	12:44	4.0	1:15	4.4	6:43	0.7	7:24	0.9	6:30	7:37	
30	Thu	1:32	3.8	2:10	4.5	7:33	0.7	8:22	0.9	6:31	7:36	
31	Fri	2:29	3.7	3:10	4.6	8:28	0.6	9:22	0.8	6:32	7:34	