

Sand Shoal Inlet, VA - Sep 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	3:31	3.7	4:12	4.8	9:27	0.5	10:24	0.7	6:33	7:33	
2	Sun	4:34	3.9	5:13	5.1	10:28	0.3	11:24	0.4	6:34	7:31	
3	Mon	5:35	4.1	6:10	5.4	11:29	0.0			6:34	7:30	
4	Tue	6:31	4.5	7:04	5.6	12:21	0.1	12:28	-0.2	6:35	7:28	
5	Wed	7:26	4.8	7:56	5.7	1:13	-0.2	1:24	-0.5	6:36	7:27	
6	Thu	8:19	5.1	8:48	5.7	2:03	-0.4	2:18	-0.6	6:37	7:25	
7	Fri	9:11	5.3	9:38	5.5	2:52	-0.5	3:11	-0.7	6:38	7:24	
8	Sat	10:03	5.4	10:28	5.3	3:39	-0.6	4:04	-0.6	6:39	7:22	
9	Sun	10:54	5.4	11:17	4.9	4:27	-0.5	4:59	-0.4	6:39	7:21	
10	Mon	11:46	5.2			5:17	-0.3	5:55	-0.1	6:40	7:19	
11	Tue	12:08	4.4	12:39	5.0	6:08	-0.1	6:54	0.2	6:41	7:18	
12	Wed	1:00	4.0	1:36	4.7	7:02	0.2	7:56	0.5	6:42	7:16	
13	Thu	1:57	3.7	2:37	4.5	7:59	0.4	9:00	0.7	6:43	7:15	
14	Fri	3:00	3.4	3:43	4.3	8:58	0.6	10:04	0.8	6:43	7:13	
15	Sat	4:06	3.4	4:46	4.3	9:57	0.6	11:05	0.8	6:44	7:12	
16	Sun	5:06	3.5	5:39	4.4	10:55	0.6	11:56	0.7	6:45	7:10	
17	Mon	5:56	3.6	6:24	4.5	11:48	0.6			6:46	7:08	
18	Tue	6:39	3.9	7:04	4.6	12:37	0.6	12:34	0.5	6:47	7:07	
19	Wed	7:19	4.1	7:43	4.7	1:12	0.5	1:16	0.4	6:48	7:05	
20	Thu	7:58	4.4	8:21	4.7	1:46	0.5	1:55	0.3	6:48	7:04	
21	Fri	8:38	4.6	8:59	4.7	2:20	0.4	2:34	0.3	6:49	7:02	
22	Sat	9:16	4.7	9:37	4.6	2:54	0.4	3:12	0.3	6:50	7:01	
23	Sun	9:55	4.8	10:15	4.5	3:29	0.4	3:52	0.4	6:51	6:59	
24	Mon	10:35	4.8	10:53	4.4	4:05	0.4	4:33	0.5	6:52	6:58	
25	Tue	11:15	4.8	11:33	4.2	4:43	0.5	5:18	0.6	6:53	6:56	
26	Wed	11:58	4.8			5:24	0.6	6:06	0.7	6:53	6:55	
27	Thu	12:17	4.0	12:46	4.8	6:11	0.7	7:00	0.8	6:54	6:53	
28	Fri	1:06	3.8	1:40	4.7	7:04	0.7	7:59	0.8	6:55	6:52	
29	Sat	2:04	3.8	2:42	4.8	8:03	0.7	8:59	0.8	6:56	6:50	
30	Sun	3:09	3.8	3:47	4.9	9:05	0.6	10:01	0.6	6:57	6:49	