

Sand Shoal Inlet, VA - Oct 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:15	4.0	4:50	5.1	10:09	0.4	11:00	0.4	6:58	6:47	
2	Tue	5:17	4.3	5:48	5.2	11:12	0.1	11:56	0.1	6:59	6:46	
3	Wed	6:14	4.7	6:43	5.4			12:13	-0.2	6:59	6:44	
4	Thu	7:08	5.1	7:35	5.4	12:49	-0.2	1:10	-0.4	7:00	6:43	
5	Fri	8:00	5.4	8:25	5.3	1:38	-0.4	2:04	-0.5	7:01	6:41	
6	Sat	8:50	5.6	9:15	5.2	2:25	-0.5	2:56	-0.6	7:02	6:40	
7	Sun	9:41	5.7	10:04	4.9	3:12	-0.5	3:48	-0.5	7:03	6:38	
8	Mon	10:30	5.6	10:53	4.6	3:59	-0.4	4:40	-0.3	7:04	6:37	
9	Tue	11:20	5.4	11:42	4.2	4:47	-0.2	5:33	0.0	7:05	6:35	
10	Wed			12:11	5.1	5:37	0.0	6:29	0.3	7:06	6:34	
11	Thu	12:33	3.8	1:04	4.7	6:30	0.3	7:27	0.5	7:07	6:32	
12	Fri	1:27	3.6	2:01	4.4	7:26	0.6	8:27	0.7	7:07	6:31	
13	Sat	2:27	3.4	3:02	4.2	8:24	0.7	9:27	0.8	7:08	6:30	
14	Sun	3:32	3.4	4:04	4.1	9:24	0.8	10:22	0.8	7:09	6:28	
15	Mon	4:33	3.5	5:00	4.2	10:22	0.8	11:11	0.8	7:10	6:27	
16	Tue	5:24	3.7	5:47	4.2	11:16	0.7	11:53	0.7	7:11	6:25	
17	Wed	6:09	4.0	6:29	4.3			12:04	0.6	7:12	6:24	
18	Thu	6:49	4.3	7:09	4.4	12:31	0.6	12:48	0.5	7:13	6:23	
19	Fri	7:29	4.6	7:48	4.5	1:07	0.4	1:29	0.4	7:14	6:21	
20	Sat	8:08	4.8	8:27	4.5	1:43	0.3	2:09	0.3	7:15	6:20	
21	Sun	8:48	5.0	9:06	4.5	2:19	0.3	2:49	0.3	7:16	6:19	
22	Mon	9:27	5.1	9:46	4.4	2:55	0.2	3:30	0.3	7:17	6:17	
23	Tue	10:08	5.2	10:27	4.2	3:33	0.3	4:12	0.3	7:18	6:16	
24	Wed	10:50	5.2	11:10	4.1	4:14	0.3	4:58	0.4	7:19	6:15	
25	Thu	11:35	5.1	11:56	3.9	4:57	0.4	5:47	0.5	7:20	6:14	
26	Fri			12:24	5.0	5:47	0.5	6:42	0.6	7:21	6:12	
27	Sat	12:48	3.8	1:18	4.9	6:42	0.5	7:39	0.6	7:22	6:11	
28	Sun	1:46	3.8	1:19	4.8	6:44	0.5	7:39	0.5	6:23	5:10	
29	Mon	1:51	3.8	2:24	4.7	7:48	0.5	8:38	0.4	6:24	5:09	
30	Tue	2:58	4.1	3:27	4.8	8:53	0.3	9:36	0.2	6:25	5:08	
31	Wed	4:00	4.4	4:26	4.8	9:58	0.1	10:32	-0.1	6:26	5:07	