

## Sand Shoal Inlet, VA - Nov 1979

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Thu | 4:57  | 4.8 | 5:21  | 4.8 | 10:59 | -0.1 | 11:24 | -0.3 | 6:27                                                                                | 5:06 |    |
| 2    | Fri | 5:51  | 5.2 | 6:13  | 4.8 | 11:57 | -0.3 |       |      | 6:28                                                                                | 5:05 |    |
| 3    | Sat | 6:41  | 5.5 | 7:03  | 4.7 | 12:13 | -0.5 | 12:51 | -0.4 | 6:29                                                                                | 5:04 |    |
| 4    | Sun | 7:31  | 5.6 | 7:52  | 4.6 | 1:00  | -0.6 | 1:42  | -0.5 | 6:30                                                                                | 5:02 |    |
| 5    | Mon | 8:19  | 5.6 | 8:40  | 4.4 | 1:46  | -0.5 | 2:31  | -0.4 | 6:31                                                                                | 5:01 |    |
| 6    | Tue | 9:07  | 5.5 | 9:28  | 4.1 | 2:32  | -0.4 | 3:20  | -0.2 | 6:32                                                                                | 5:01 |    |
| 7    | Wed | 9:55  | 5.2 | 10:16 | 3.9 | 3:18  | -0.2 | 4:10  | 0.0  | 6:33                                                                                | 5:00 |    |
| 8    | Thu | 10:43 | 4.9 | 11:04 | 3.6 | 4:06  | 0.0  | 5:01  | 0.2  | 6:34                                                                                | 4:59 |    |
| 9    | Fri | 11:31 | 4.6 | 11:55 | 3.4 | 4:57  | 0.3  | 5:54  | 0.4  | 6:35                                                                                | 4:58 |    |
| 10   | Sat |       |     | 12:23 | 4.3 | 5:50  | 0.5  | 6:48  | 0.6  | 6:36                                                                                | 4:57 |    |
| 11   | Sun | 12:50 | 3.3 | 1:18  | 4.0 | 6:46  | 0.7  | 7:41  | 0.7  | 6:37                                                                                | 4:56 |    |
| 12   | Mon | 1:50  | 3.3 | 2:15  | 3.9 | 7:43  | 0.8  | 8:31  | 0.7  | 6:38                                                                                | 4:55 |   |
| 13   | Tue | 2:50  | 3.4 | 3:11  | 3.9 | 8:41  | 0.8  | 9:18  | 0.7  | 6:39                                                                                | 4:54 |  |
| 14   | Wed | 3:44  | 3.7 | 4:02  | 3.9 | 9:36  | 0.8  | 10:03 | 0.6  | 6:40                                                                                | 4:54 |  |
| 15   | Thu | 4:32  | 4.0 | 4:48  | 4.0 | 10:28 | 0.7  | 10:45 | 0.5  | 6:41                                                                                | 4:53 |  |
| 16   | Fri | 5:16  | 4.3 | 5:31  | 4.0 | 11:16 | 0.5  | 11:26 | 0.3  | 6:43                                                                                | 4:52 |  |
| 17   | Sat | 5:58  | 4.6 | 6:13  | 4.1 |       |      | 12:00 | 0.4  | 6:44                                                                                | 4:52 |  |
| 18   | Sun | 6:39  | 4.9 | 6:55  | 4.1 | 12:06 | 0.2  | 12:43 | 0.2  | 6:45                                                                                | 4:51 |  |
| 19   | Mon | 7:20  | 5.1 | 7:37  | 4.2 | 12:46 | 0.1  | 1:26  | 0.1  | 6:46                                                                                | 4:50 |  |
| 20   | Tue | 8:02  | 5.2 | 8:20  | 4.1 | 1:26  | 0.0  | 2:09  | 0.1  | 6:47                                                                                | 4:50 |  |
| 21   | Wed | 8:45  | 5.3 | 9:04  | 4.1 | 2:07  | -0.1 | 2:53  | 0.0  | 6:48                                                                                | 4:49 |  |
| 22   | Thu | 9:30  | 5.3 | 9:51  | 4.0 | 2:51  | -0.1 | 3:40  | 0.1  | 6:49                                                                                | 4:49 |  |
| 23   | Fri | 10:17 | 5.2 | 10:39 | 3.9 | 3:38  | 0.0  | 4:31  | 0.1  | 6:50                                                                                | 4:48 |  |
| 24   | Sat | 11:07 | 5.1 | 11:32 | 3.8 | 4:29  | 0.1  | 5:24  | 0.2  | 6:51                                                                                | 4:48 |  |
| 25   | Sun |       |     | 12:00 | 4.8 | 5:26  | 0.2  | 6:20  | 0.2  | 6:52                                                                                | 4:47 |  |
| 26   | Mon | 12:31 | 3.8 | 12:59 | 4.6 | 6:28  | 0.2  | 7:18  | 0.1  | 6:53                                                                                | 4:47 |  |
| 27   | Tue | 1:35  | 3.9 | 2:01  | 4.4 | 7:33  | 0.2  | 8:15  | 0.0  | 6:54                                                                                | 4:47 |  |
| 28   | Wed | 2:41  | 4.0 | 3:04  | 4.3 | 8:39  | 0.2  | 9:12  | -0.1 | 6:55                                                                                | 4:46 |  |
| 29   | Thu | 3:44  | 4.3 | 4:04  | 4.2 | 9:44  | 0.1  | 10:07 | -0.3 | 6:56                                                                                | 4:46 |  |
| 30   | Fri | 4:42  | 4.7 | 5:00  | 4.1 | 10:47 | -0.1 | 11:00 | -0.4 | 6:57                                                                                | 4:46 |  |