

Sand Shoal Inlet, VA - Dec 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:35	4.9	5:52	4.1	11:45	-0.3	11:50	-0.5	6:58	4:45	
2	Sun	6:25	5.1	6:42	4.0			12:39	-0.4	6:59	4:45	
3	Mon	7:13	5.2	7:31	3.9	12:38	-0.6	1:28	-0.4	7:00	4:45	
4	Tue	8:00	5.2	8:18	3.8	1:24	-0.6	2:14	-0.4	7:00	4:45	
5	Wed	8:46	5.1	9:04	3.7	2:09	-0.5	3:00	-0.3	7:01	4:45	
6	Thu	9:31	4.9	9:50	3.6	2:53	-0.4	3:45	-0.1	7:02	4:45	
7	Fri	10:16	4.7	10:36	3.4	3:38	-0.1	4:31	0.1	7:03	4:45	
8	Sat	11:00	4.4	11:23	3.3	4:25	0.1	5:18	0.2	7:04	4:45	
9	Sun	11:46	4.1			5:14	0.3	6:05	0.4	7:05	4:45	
10	Mon	12:12	3.2	12:35	3.9	6:06	0.5	6:52	0.5	7:06	4:45	
11	Tue	1:06	3.2	1:26	3.7	7:00	0.6	7:39	0.5	7:06	4:45	
12	Wed	2:02	3.3	2:19	3.5	7:55	0.7	8:25	0.5	7:07	4:45	
13	Thu	2:58	3.5	3:13	3.5	8:51	0.7	9:12	0.4	7:08	4:46	
14	Fri	3:50	3.8	4:04	3.5	9:46	0.6	9:58	0.3	7:09	4:46	
15	Sat	4:39	4.1	4:52	3.6	10:39	0.5	10:44	0.1	7:09	4:46	
16	Sun	5:24	4.4	5:38	3.7	11:29	0.3	11:30	0.0	7:10	4:46	
17	Mon	6:09	4.7	6:24	3.8			12:16	0.1	7:10	4:47	
18	Tue	6:54	5.0	7:10	3.9	12:15	-0.2	1:03	-0.1	7:11	4:47	
19	Wed	7:39	5.2	7:56	3.9	1:00	-0.4	1:48	-0.2	7:12	4:47	
20	Thu	8:26	5.3	8:44	4.0	1:46	-0.5	2:35	-0.3	7:12	4:48	
21	Fri	9:13	5.3	9:33	4.0	2:33	-0.5	3:23	-0.3	7:13	4:48	
22	Sat	10:01	5.2	10:24	3.9	3:22	-0.5	4:13	-0.3	7:13	4:49	
23	Sun	10:51	5.0	11:17	3.9	4:15	-0.4	5:05	-0.3	7:14	4:49	
24	Mon	11:43	4.7			5:13	-0.3	5:59	-0.3	7:14	4:50	
25	Tue	12:14	3.9	12:38	4.4	6:14	-0.1	6:54	-0.3	7:15	4:51	
26	Wed	1:16	3.9	1:38	4.0	7:18	0.0	7:50	-0.3	7:15	4:51	
27	Thu	2:21	4.0	2:40	3.7	8:24	0.0	8:46	-0.3	7:15	4:52	
28	Fri	3:25	4.2	3:42	3.6	9:30	0.0	9:43	-0.4	7:16	4:52	
29	Sat	4:26	4.4	4:41	3.5	10:35	-0.1	10:38	-0.4	7:16	4:53	
30	Sun	5:20	4.6	5:34	3.5	11:35	-0.2	11:30	-0.5	7:16	4:54	
31	Mon	6:10	4.7	6:24	3.5			12:27	-0.3	7:16	4:55	