

Sand Shoal Inlet, VA - Jan 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:58	4.7	7:12	3.4	12:19	-0.6	1:15	-0.3	7:17	4:55	
2	Wed	7:43	4.8	7:57	3.4	1:05	-0.6	1:58	-0.3	7:17	4:56	
3	Thu	8:27	4.7	8:41	3.4	1:48	-0.5	2:40	-0.3	7:17	4:57	
4	Fri	9:09	4.6	9:25	3.4	2:31	-0.4	3:20	-0.2	7:17	4:58	
5	Sat	9:51	4.4	10:08	3.3	3:13	-0.3	4:01	-0.1	7:17	4:59	
6	Sun	10:32	4.2	10:51	3.3	3:56	-0.1	4:42	0.1	7:17	4:59	
7	Mon	11:14	4.0	11:36	3.3	4:41	0.1	5:24	0.2	7:17	5:00	
8	Tue	11:57	3.7			5:29	0.3	6:07	0.3	7:17	5:01	
9	Wed	12:24	3.2	12:43	3.5	6:19	0.5	6:51	0.4	7:17	5:02	
10	Thu	1:16	3.3	1:33	3.3	7:13	0.6	7:37	0.4	7:17	5:03	
11	Fri	2:11	3.4	2:27	3.2	8:08	0.6	8:25	0.3	7:17	5:04	
12	Sat	3:07	3.6	3:22	3.2	9:05	0.6	9:15	0.2	7:17	5:05	
13	Sun	4:00	3.9	4:15	3.3	10:03	0.4	10:07	0.0	7:16	5:06	
14	Mon	4:52	4.3	5:06	3.4	10:58	0.3	10:58	-0.2	7:16	5:07	
15	Tue	5:41	4.6	5:56	3.6	11:51	0.0	11:49	-0.4	7:16	5:08	
16	Wed	6:30	4.9	6:46	3.7			12:41	-0.2	7:15	5:09	
17	Thu	7:19	5.2	7:36	3.9	12:38	-0.6	1:29	-0.4	7:15	5:10	
18	Fri	8:08	5.3	8:26	4.0	1:28	-0.8	2:16	-0.6	7:15	5:11	
19	Sat	8:56	5.4	9:16	4.1	2:17	-0.9	3:04	-0.7	7:14	5:12	
20	Sun	9:45	5.2	10:08	4.2	3:08	-0.9	3:53	-0.7	7:14	5:13	
21	Mon	10:35	5.0	11:01	4.1	4:02	-0.8	4:44	-0.6	7:13	5:14	
22	Tue	11:26	4.6	11:56	4.1	4:59	-0.6	5:36	-0.6	7:13	5:15	
23	Wed			12:19	4.1	5:59	-0.4	6:30	-0.5	7:12	5:16	
24	Thu	12:55	4.0	1:16	3.7	7:02	-0.2	7:26	-0.4	7:12	5:18	
25	Fri	1:59	4.0	2:18	3.4	8:08	0.0	8:23	-0.3	7:11	5:19	
26	Sat	3:05	4.0	3:22	3.2	9:15	0.0	9:21	-0.3	7:11	5:20	
27	Sun	4:09	4.1	4:23	3.1	10:22	0.0	10:19	-0.3	7:10	5:21	
28	Mon	5:07	4.2	5:19	3.1	11:24	0.0	11:13	-0.4	7:09	5:22	
29	Tue	5:57	4.3	6:08	3.2			12:15	-0.1	7:08	5:23	
30	Wed	6:43	4.4	6:53	3.3	12:03	-0.4	12:59	-0.2	7:08	5:24	
31	Thu	7:26	4.4	7:36	3.4	12:48	-0.5	1:38	-0.2	7:07	5:25	