

Sand Shoal Inlet, VA - Mar 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:42	4.3	7:53	3.7	1:11	-0.3	1:45	-0.1	6:33	5:57	
2	Sun	8:20	4.3	8:32	3.9	1:49	-0.3	2:18	-0.1	6:32	5:58	
3	Mon	8:57	4.2	9:11	4.0	2:27	-0.3	2:52	0.0	6:30	5:59	
4	Tue	9:34	4.1	9:49	4.0	3:05	-0.2	3:27	0.0	6:29	6:00	
5	Wed	10:11	3.9	10:28	4.0	3:45	0.0	4:03	0.1	6:27	6:01	
6	Thu	10:49	3.7	11:09	4.0	4:27	0.1	4:42	0.3	6:26	6:02	
7	Fri	11:29	3.5	11:53	3.9	5:12	0.3	5:24	0.4	6:25	6:03	
8	Sat			12:13	3.4	6:01	0.5	6:10	0.4	6:23	6:03	
9	Sun	12:43	3.9	1:05	3.2	6:55	0.5	7:03	0.4	6:22	6:04	
10	Mon	1:41	4.0	2:04	3.2	7:54	0.6	8:01	0.3	6:20	6:05	
11	Tue	2:44	4.1	3:07	3.3	8:55	0.5	9:01	0.2	6:19	6:06	
12	Wed	3:46	4.4	4:09	3.6	9:56	0.3	10:03	-0.1	6:17	6:07	
13	Thu	4:45	4.7	5:06	3.9	10:54	0.0	11:03	-0.4	6:16	6:08	
14	Fri	5:41	4.9	6:01	4.3	11:48	-0.3			6:14	6:09	
15	Sat	6:33	5.1	6:54	4.6	12:00	-0.7	12:39	-0.6	6:13	6:10	
16	Sun	7:25	5.2	7:45	4.9	12:55	-0.9	1:27	-0.8	6:11	6:11	
17	Mon	8:15	5.2	8:37	5.1	1:47	-1.1	2:15	-0.9	6:10	6:12	
18	Tue	9:05	5.0	9:28	5.2	2:40	-1.1	3:02	-0.9	6:08	6:13	
19	Wed	9:54	4.7	10:19	5.1	3:33	-0.9	3:51	-0.7	6:07	6:14	
20	Thu	10:44	4.3	11:11	4.8	4:28	-0.7	4:41	-0.5	6:05	6:15	
21	Fri	11:36	3.9			5:25	-0.4	5:35	-0.3	6:04	6:15	
22	Sat	12:06	4.5	12:31	3.5	6:25	-0.1	6:31	-0.1	6:02	6:16	
23	Sun	1:05	4.2	1:31	3.2	7:27	0.2	7:31	0.1	6:01	6:17	
24	Mon	2:11	4.0	2:38	3.0	8:32	0.3	8:33	0.2	5:59	6:18	
25	Tue	3:19	3.8	3:44	3.1	9:37	0.4	9:36	0.3	5:58	6:19	
26	Wed	4:21	3.8	4:40	3.2	10:35	0.4	10:34	0.2	5:56	6:20	
27	Thu	5:12	3.9	5:26	3.4	11:23	0.3	11:25	0.1	5:55	6:21	
28	Fri	5:55	4.0	6:07	3.7			12:02	0.3	5:53	6:22	
29	Sat	6:34	4.1	6:47	3.9	12:09	0.0	12:36	0.2	5:52	6:23	
30	Sun	7:12	4.1	7:25	4.1	12:48	-0.1	1:09	0.1	5:50	6:24	
31	Mon	7:50	4.2	8:04	4.3	1:26	-0.1	1:43	0.1	5:49	6:24	