

Sand Shoal Inlet, VA - May 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	9:36	4.0	9:54	4.9	3:19	0.1	3:20	0.2	6:07	7:52	
2	Fri	10:16	3.9	10:34	4.9	4:00	0.1	3:58	0.2	6:06	7:53	
3	Sat	10:57	3.8	11:16	4.8	4:42	0.2	4:39	0.3	6:05	7:54	
4	Sun	11:40	3.7			5:28	0.3	5:25	0.4	6:04	7:55	
5	Mon	12:01	4.7	12:27	3.6	6:18	0.3	6:16	0.4	6:03	7:56	
6	Tue	12:51	4.6	1:20	3.6	7:11	0.4	7:14	0.4	6:02	7:57	
7	Wed	1:47	4.5	2:19	3.6	8:07	0.4	8:15	0.4	6:01	7:58	
8	Thu	2:48	4.5	3:23	3.8	9:04	0.3	9:19	0.3	6:00	7:58	
9	Fri	3:51	4.5	4:26	4.1	10:01	0.1	10:24	0.1	5:59	7:59	
10	Sat	4:52	4.5	5:25	4.5	10:57	-0.1	11:27	-0.1	5:58	8:00	
11	Sun	5:50	4.5	6:21	4.9	11:52	-0.3			5:57	8:01	
12	Mon	6:45	4.5	7:14	5.3	12:28	-0.4	12:44	-0.5	5:56	8:02	
13	Tue	7:38	4.5	8:05	5.5	1:25	-0.6	1:34	-0.6	5:55	8:03	
14	Wed	8:29	4.4	8:56	5.6	2:18	-0.7	2:22	-0.7	5:54	8:04	
15	Thu	9:20	4.3	9:46	5.5	3:10	-0.7	3:10	-0.6	5:53	8:05	
16	Fri	10:10	4.1	10:35	5.3	4:00	-0.6	3:59	-0.5	5:53	8:05	
17	Sat	11:00	3.9	11:24	5.0	4:51	-0.4	4:48	-0.3	5:52	8:06	
18	Sun	11:49	3.7			5:43	-0.2	5:40	0.0	5:51	8:07	
19	Mon	12:14	4.7	12:40	3.5	6:36	0.1	6:34	0.2	5:50	8:08	
20	Tue	1:05	4.3	1:34	3.3	7:29	0.3	7:30	0.5	5:50	8:09	
21	Wed	1:58	4.0	2:31	3.3	8:21	0.4	8:27	0.6	5:49	8:09	
22	Thu	2:54	3.8	3:30	3.4	9:11	0.5	9:25	0.7	5:48	8:10	
23	Fri	3:51	3.7	4:26	3.6	9:59	0.6	10:22	0.7	5:48	8:11	
24	Sat	4:44	3.6	5:16	3.8	10:44	0.5	11:15	0.6	5:47	8:12	
25	Sun	5:32	3.6	6:00	4.1	11:27	0.5			5:46	8:13	
26	Mon	6:17	3.7	6:43	4.4	12:05	0.5	12:09	0.4	5:46	8:13	
27	Tue	7:00	3.8	7:24	4.7	12:50	0.4	12:50	0.3	5:45	8:14	
28	Wed	7:43	3.8	8:05	4.9	1:33	0.3	1:30	0.2	5:45	8:15	
29	Thu	8:25	3.9	8:47	5.0	2:15	0.2	2:10	0.1	5:45	8:15	
30	Fri	9:08	3.9	9:29	5.1	2:56	0.1	2:51	0.1	5:44	8:16	
31	Sat	9:51	3.9	10:13	5.1	3:39	0.1	3:33	0.1	5:44	8:17	