

Sand Shoal Inlet, VA - Jun 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:35	3.8	10:57	5.1	4:23	0.1	4:18	0.1	5:43	8:18	
2	Mon	11:21	3.8	11:44	5.0	5:10	0.1	5:06	0.2	5:43	8:18	
3	Tue			12:10	3.8	6:00	0.1	6:00	0.2	5:43	8:19	
4	Wed	12:33	4.9	1:03	3.8	6:52	0.1	6:58	0.3	5:42	8:19	
5	Thu	1:27	4.7	2:02	3.9	7:46	0.1	8:00	0.3	5:42	8:20	
6	Fri	2:25	4.5	3:04	4.1	8:41	0.1	9:03	0.3	5:42	8:21	
7	Sat	3:27	4.3	4:07	4.3	9:36	0.0	10:08	0.2	5:42	8:21	
8	Sun	4:28	4.2	5:07	4.7	10:31	-0.2	11:13	0.0	5:42	8:22	
9	Mon	5:27	4.1	6:03	5.0	11:26	-0.3			5:42	8:22	
10	Tue	6:23	4.1	6:56	5.2	12:14	-0.2	12:19	-0.4	5:41	8:23	
11	Wed	7:16	4.0	7:47	5.4	1:12	-0.3	1:11	-0.5	5:41	8:23	
12	Thu	8:08	4.0	8:37	5.4	2:05	-0.4	2:00	-0.5	5:41	8:24	
13	Fri	8:59	3.9	9:26	5.3	2:55	-0.4	2:48	-0.5	5:41	8:24	
14	Sat	9:48	3.8	10:14	5.2	3:43	-0.4	3:36	-0.4	5:41	8:24	
15	Sun	10:36	3.7	11:00	4.9	4:30	-0.2	4:23	-0.2	5:41	8:25	
16	Mon	11:23	3.6	11:46	4.6	5:17	-0.1	5:12	0.0	5:42	8:25	
17	Tue			12:11	3.5	6:04	0.1	6:02	0.3	5:42	8:25	
18	Wed	12:32	4.3	1:00	3.5	6:51	0.3	6:54	0.5	5:42	8:26	
19	Thu	1:19	4.0	1:51	3.5	7:37	0.4	7:48	0.6	5:42	8:26	
20	Fri	2:09	3.8	2:45	3.5	8:23	0.5	8:42	0.8	5:42	8:26	
21	Sat	3:02	3.6	3:40	3.7	9:08	0.5	9:37	0.8	5:42	8:26	
22	Sun	3:55	3.5	4:33	3.9	9:53	0.5	10:32	0.8	5:43	8:27	
23	Mon	4:47	3.5	5:22	4.2	10:39	0.5	11:26	0.7	5:43	8:27	
24	Tue	5:36	3.5	6:08	4.5	11:25	0.4			5:43	8:27	
25	Wed	6:23	3.6	6:53	4.7	12:16	0.5	12:11	0.3	5:43	8:27	
26	Thu	7:09	3.7	7:37	5.0	1:03	0.4	12:57	0.1	5:44	8:27	
27	Fri	7:55	3.8	8:21	5.2	1:48	0.2	1:42	0.0	5:44	8:27	
28	Sat	8:40	3.9	9:07	5.3	2:32	0.1	2:26	-0.1	5:45	8:27	
29	Sun	9:27	4.0	9:52	5.4	3:17	0.0	3:12	-0.1	5:45	8:27	
30	Mon	10:14	4.0	10:39	5.4	4:03	-0.1	4:00	-0.1	5:45	8:27	