

Sand Shoal Inlet, VA - Jul 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:03	4.1	11:26	5.2	4:50	-0.1	4:51	-0.1	5:46	8:27	
2	Wed	11:53	4.1			5:39	-0.1	5:45	0.0	5:46	8:27	
3	Thu	12:16	5.0	12:47	4.2	6:30	-0.1	6:44	0.1	5:47	8:27	
4	Fri	1:08	4.7	1:44	4.2	7:23	-0.1	7:45	0.2	5:47	8:27	
5	Sat	2:04	4.4	2:45	4.3	8:16	-0.1	8:49	0.2	5:48	8:27	
6	Sun	3:04	4.1	3:48	4.5	9:11	-0.1	9:55	0.2	5:48	8:26	
7	Mon	4:06	3.9	4:50	4.7	10:07	-0.1	11:00	0.2	5:49	8:26	
8	Tue	5:07	3.7	5:48	4.9	11:03	-0.2			5:50	8:26	
9	Wed	6:05	3.7	6:41	5.1	12:03	0.1	11:59 AM	-0.3	5:50	8:25	
10	Thu	6:58	3.7	7:32	5.1	1:00	-0.1	12:52	-0.3	5:51	8:25	
11	Fri	7:49	3.7	8:21	5.2	1:52	-0.1	1:42	-0.4	5:51	8:25	
12	Sat	8:38	3.8	9:07	5.1	2:38	-0.2	2:29	-0.3	5:52	8:24	
13	Sun	9:25	3.8	9:52	5.0	3:22	-0.2	3:14	-0.3	5:53	8:24	
14	Mon	10:10	3.8	10:35	4.8	4:04	-0.1	3:59	-0.1	5:53	8:23	
15	Tue	10:55	3.8	11:17	4.6	4:46	0.0	4:44	0.1	5:54	8:23	
16	Wed	11:39	3.8	11:59	4.3	5:27	0.2	5:30	0.3	5:55	8:22	
17	Thu			12:24	3.7	6:09	0.3	6:18	0.5	5:56	8:22	
18	Fri	12:42	4.1	1:10	3.7	6:51	0.4	7:08	0.7	5:56	8:21	
19	Sat	1:27	3.8	2:00	3.7	7:34	0.5	8:00	0.8	5:57	8:21	
20	Sun	2:15	3.6	2:53	3.8	8:19	0.6	8:54	0.9	5:58	8:20	
21	Mon	3:08	3.5	3:48	4.0	9:05	0.6	9:49	0.9	5:59	8:19	
22	Tue	4:02	3.4	4:41	4.2	9:54	0.6	10:45	0.8	5:59	8:19	
23	Wed	4:56	3.5	5:32	4.5	10:45	0.5	11:40	0.7	6:00	8:18	
24	Thu	5:48	3.6	6:21	4.8	11:36	0.3			6:01	8:17	
25	Fri	6:37	3.8	7:09	5.1	12:32	0.5	12:27	0.1	6:02	8:16	
26	Sat	7:26	3.9	7:56	5.4	1:20	0.3	1:16	-0.1	6:03	8:16	
27	Sun	8:15	4.1	8:44	5.5	2:07	0.1	2:05	-0.2	6:03	8:15	
28	Mon	9:03	4.3	9:31	5.6	2:53	-0.1	2:54	-0.3	6:04	8:14	
29	Tue	9:53	4.5	10:19	5.5	3:39	-0.2	3:43	-0.4	6:05	8:13	
30	Wed	10:43	4.6	11:07	5.3	4:26	-0.3	4:36	-0.3	6:06	8:12	
31	Thu	11:34	4.7	11:57	5.0	5:15	-0.3	5:31	-0.2	6:07	8:11	