

Sand Shoal Inlet, VA - Aug 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:27	4.7	6:05	-0.2	6:29	0.0	6:07	8:10	
2	Sat	12:48	4.6	1:24	4.7	6:57	-0.2	7:31	0.1	6:08	8:09	
3	Sun	1:44	4.2	2:24	4.6	7:52	-0.1	8:35	0.3	6:09	8:08	
4	Mon	2:44	3.9	3:29	4.6	8:48	0.0	9:42	0.4	6:10	8:07	
5	Tue	3:48	3.6	4:34	4.7	9:46	0.0	10:48	0.4	6:11	8:06	
6	Wed	4:52	3.5	5:34	4.8	10:45	0.0	11:52	0.3	6:12	8:05	
7	Thu	5:51	3.5	6:29	4.9	11:43	0.0			6:12	8:04	
8	Fri	6:44	3.6	7:18	4.9	12:48	0.2	12:37	-0.1	6:13	8:03	
9	Sat	7:33	3.7	8:03	4.9	1:36	0.1	1:26	-0.1	6:14	8:02	
10	Sun	8:18	3.9	8:46	4.9	2:19	0.1	2:11	-0.1	6:15	8:01	
11	Mon	9:01	4.0	9:27	4.9	2:57	0.1	2:54	-0.1	6:16	8:00	
12	Tue	9:43	4.0	10:07	4.7	3:34	0.1	3:35	0.0	6:17	7:58	
13	Wed	10:25	4.1	10:46	4.6	4:11	0.2	4:17	0.2	6:18	7:57	
14	Thu	11:06	4.1	11:26	4.4	4:48	0.3	4:59	0.3	6:18	7:56	
15	Fri	11:48	4.1			5:26	0.4	5:43	0.5	6:19	7:55	
16	Sat	12:06	4.1	12:31	4.1	6:06	0.5	6:30	0.7	6:20	7:53	
17	Sun	12:48	3.9	1:17	4.1	6:48	0.7	7:21	0.9	6:21	7:52	
18	Mon	1:33	3.7	2:08	4.1	7:33	0.8	8:14	1.0	6:22	7:51	
19	Tue	2:25	3.5	3:03	4.2	8:21	0.8	9:10	1.0	6:23	7:50	
20	Wed	3:21	3.5	4:01	4.3	9:14	0.7	10:08	1.0	6:23	7:48	
21	Thu	4:19	3.5	4:57	4.6	10:09	0.6	11:05	0.8	6:24	7:47	
22	Fri	5:15	3.7	5:51	4.9	11:05	0.4			6:25	7:46	
23	Sat	6:09	4.0	6:41	5.2	12:00	0.6	12:00	0.2	6:26	7:44	
24	Sun	7:00	4.3	7:31	5.5	12:51	0.3	12:53	-0.1	6:27	7:43	
25	Mon	7:50	4.6	8:20	5.7	1:40	0.0	1:45	-0.3	6:28	7:42	
26	Tue	8:40	4.9	9:09	5.7	2:27	-0.2	2:36	-0.5	6:28	7:40	
27	Wed	9:31	5.1	9:57	5.6	3:13	-0.4	3:28	-0.5	6:29	7:39	
28	Thu	10:22	5.2	10:46	5.3	4:00	-0.4	4:20	-0.4	6:30	7:37	
29	Fri	11:13	5.3	11:36	5.0	4:48	-0.4	5:16	-0.3	6:31	7:36	
30	Sat			12:06	5.2	5:38	-0.3	6:14	-0.1	6:32	7:34	
31	Sun	12:28	4.5	1:02	5.0	6:31	-0.1	7:16	0.2	6:33	7:33	