

Sand Shoal Inlet, VA - Sep 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:24	4.1	2:02	4.9	7:27	0.1	8:20	0.4	6:33	7:32	
2	Tue	2:25	3.8	3:08	4.7	8:26	0.2	9:28	0.5	6:34	7:30	
3	Wed	3:32	3.6	4:16	4.6	9:27	0.3	10:35	0.5	6:35	7:29	
4	Thu	4:39	3.5	5:20	4.6	10:29	0.3	11:38	0.5	6:36	7:27	
5	Fri	5:40	3.6	6:14	4.7	11:29	0.3			6:37	7:26	
6	Sat	6:31	3.7	7:01	4.7	12:31	0.4	12:23	0.2	6:38	7:24	
7	Sun	7:15	3.9	7:42	4.8	1:15	0.4	1:11	0.2	6:38	7:23	
8	Mon	7:56	4.1	8:21	4.8	1:53	0.3	1:53	0.1	6:39	7:21	
9	Tue	8:36	4.3	8:59	4.7	2:27	0.3	2:33	0.1	6:40	7:20	
10	Wed	9:15	4.4	9:37	4.7	3:01	0.3	3:12	0.2	6:41	7:18	
11	Thu	9:55	4.5	10:15	4.5	3:34	0.3	3:51	0.3	6:42	7:17	
12	Fri	10:34	4.5	10:53	4.3	4:09	0.4	4:31	0.4	6:42	7:15	
13	Sat	11:14	4.5	11:32	4.1	4:45	0.5	5:13	0.6	6:43	7:13	
14	Sun	11:55	4.5			5:24	0.6	5:58	0.8	6:44	7:12	
15	Mon	12:13	3.9	12:39	4.4	6:05	0.8	6:46	0.9	6:45	7:10	
16	Tue	12:57	3.7	1:27	4.4	6:51	0.9	7:39	1.0	6:46	7:09	
17	Wed	1:47	3.6	2:22	4.4	7:42	0.9	8:36	1.1	6:47	7:07	
18	Thu	2:45	3.5	3:22	4.5	8:38	0.9	9:34	1.0	6:47	7:06	
19	Fri	3:46	3.6	4:23	4.7	9:37	0.7	10:33	0.8	6:48	7:04	
20	Sat	4:47	3.9	5:20	5.0	10:37	0.5	11:29	0.6	6:49	7:03	
21	Sun	5:43	4.2	6:14	5.3	11:36	0.2			6:50	7:01	
22	Mon	6:36	4.6	7:05	5.5	12:21	0.2	12:33	-0.1	6:51	7:00	
23	Tue	7:27	5.0	7:55	5.6	1:11	-0.1	1:27	-0.3	6:52	6:58	
24	Wed	8:18	5.4	8:45	5.6	1:59	-0.3	2:20	-0.5	6:52	6:57	
25	Thu	9:09	5.6	9:35	5.4	2:45	-0.5	3:12	-0.6	6:53	6:55	
26	Fri	10:00	5.8	10:25	5.1	3:32	-0.5	4:05	-0.5	6:54	6:54	
27	Sat	10:52	5.7	11:15	4.8	4:21	-0.4	5:00	-0.3	6:55	6:52	
28	Sun	11:44	5.5			5:11	-0.3	5:57	-0.1	6:56	6:50	
29	Mon	12:08	4.4	12:39	5.3	6:05	-0.1	6:58	0.2	6:57	6:49	
30	Tue	1:03	4.0	1:39	4.9	7:02	0.2	8:03	0.4	6:57	6:47	