

Sand Shoal Inlet, VA - Nov 1980

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:55	3.5	3:21	4.1	8:44	0.6	9:36	0.6	6:28	5:05	
2	Sun	3:55	3.6	4:15	4.1	9:44	0.6	10:23	0.5	6:29	5:04	
3	Mon	4:43	3.8	5:00	4.1	10:39	0.6	11:04	0.5	6:30	5:03	
4	Tue	5:25	4.1	5:40	4.1	11:26	0.5	11:40	0.4	6:31	5:02	
5	Wed	6:03	4.4	6:19	4.1			12:08	0.4	6:32	5:01	
6	Thu	6:41	4.6	6:58	4.1	12:15	0.3	12:47	0.3	6:33	5:00	
7	Fri	7:20	4.8	7:37	4.1	12:50	0.2	1:25	0.3	6:34	4:59	
8	Sat	7:59	4.9	8:16	4.0	1:26	0.2	2:03	0.3	6:35	4:58	
9	Sun	8:38	5.0	8:56	4.0	2:02	0.2	2:43	0.3	6:36	4:57	
10	Mon	9:18	4.9	9:36	3.8	2:39	0.3	3:24	0.4	6:37	4:56	
11	Tue	9:59	4.9	10:18	3.7	3:19	0.4	4:08	0.5	6:38	4:55	
12	Wed	10:42	4.8	11:03	3.6	4:02	0.5	4:55	0.6	6:39	4:55	
13	Thu	11:29	4.7	11:53	3.6	4:50	0.6	5:47	0.6	6:40	4:54	
14	Fri			12:21	4.6	5:44	0.6	6:41	0.6	6:41	4:53	
15	Sat	12:50	3.6	1:18	4.5	6:44	0.6	7:37	0.5	6:42	4:52	
16	Sun	1:53	3.7	2:20	4.5	7:48	0.5	8:33	0.3	6:43	4:52	
17	Mon	2:56	4.0	3:21	4.5	8:52	0.3	9:28	0.1	6:44	4:51	
18	Tue	3:57	4.5	4:19	4.6	9:55	0.1	10:22	-0.2	6:45	4:50	
19	Wed	4:53	4.9	5:14	4.6	10:57	-0.1	11:15	-0.4	6:46	4:50	
20	Thu	5:46	5.3	6:07	4.6	11:55	-0.4			6:47	4:49	
21	Fri	6:38	5.6	6:59	4.5	12:05	-0.6	12:50	-0.6	6:48	4:49	
22	Sat	7:30	5.8	7:51	4.4	12:55	-0.8	1:43	-0.6	6:50	4:48	
23	Sun	8:21	5.8	8:42	4.2	1:44	-0.8	2:34	-0.6	6:51	4:48	
24	Mon	9:12	5.6	9:33	4.0	2:33	-0.7	3:26	-0.5	6:52	4:47	
25	Tue	10:02	5.3	10:24	3.8	3:23	-0.5	4:19	-0.3	6:53	4:47	
26	Wed	10:53	5.0	11:17	3.6	4:15	-0.3	5:14	0.0	6:54	4:47	
27	Thu	11:45	4.6			5:10	0.0	6:09	0.2	6:55	4:46	
28	Fri	12:12	3.4	12:39	4.2	6:07	0.3	7:04	0.3	6:56	4:46	
29	Sat	1:10	3.3	1:35	3.9	7:07	0.5	7:57	0.4	6:56	4:46	
30	Sun	2:12	3.3	2:33	3.7	8:07	0.6	8:47	0.4	6:57	4:46	