

Sand Shoal Inlet, VA - Jan 1981

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	4:11	3.7	4:23	3.1	10:14	0.5	10:14	0.2	7:17	4:56	
2	Fri	4:58	4.0	5:10	3.2	11:05	0.4	11:00	0.1	7:17	4:57	
3	Sat	5:43	4.3	5:55	3.3	11:52	0.3	11:44	0.0	7:17	4:58	
4	Sun	6:26	4.5	6:39	3.4			12:36	0.1	7:17	4:58	
5	Mon	7:09	4.7	7:23	3.5	12:28	-0.2	1:19	0.0	7:17	4:59	
6	Tue	7:53	4.9	8:07	3.6	1:11	-0.3	2:01	-0.1	7:17	5:00	
7	Wed	8:36	5.0	8:52	3.7	1:54	-0.4	2:43	-0.2	7:17	5:01	
8	Thu	9:20	5.0	9:37	3.7	2:38	-0.4	3:27	-0.2	7:17	5:02	
9	Fri	10:04	4.9	10:25	3.7	3:25	-0.4	4:13	-0.2	7:17	5:03	
10	Sat	10:50	4.7	11:15	3.8	4:15	-0.3	5:02	-0.2	7:17	5:04	
11	Sun	11:39	4.5			5:10	-0.2	5:52	-0.2	7:17	5:05	
12	Mon	12:08	3.8	12:31	4.2	6:09	-0.1	6:44	-0.2	7:16	5:06	
13	Tue	1:07	3.9	1:29	3.8	7:11	0.0	7:39	-0.3	7:16	5:07	
14	Wed	2:11	4.0	2:30	3.6	8:17	0.0	8:35	-0.3	7:16	5:08	
15	Thu	3:15	4.2	3:33	3.4	9:23	0.0	9:33	-0.4	7:16	5:09	
16	Fri	4:17	4.4	4:34	3.4	10:30	-0.1	10:31	-0.5	7:15	5:10	
17	Sat	5:15	4.7	5:32	3.4	11:32	-0.3	11:27	-0.7	7:15	5:11	
18	Sun	6:10	4.8	6:25	3.4			12:27	-0.4	7:14	5:12	
19	Mon	7:01	4.9	7:16	3.5	12:20	-0.8	1:17	-0.5	7:14	5:13	
20	Tue	7:50	4.9	8:05	3.5	1:10	-0.8	2:04	-0.5	7:14	5:14	
21	Wed	8:36	4.8	8:51	3.6	1:57	-0.8	2:47	-0.5	7:13	5:15	
22	Thu	9:21	4.6	9:36	3.5	2:43	-0.7	3:30	-0.4	7:12	5:16	
23	Fri	10:03	4.4	10:21	3.5	3:28	-0.5	4:12	-0.2	7:12	5:17	
24	Sat	10:45	4.1	11:05	3.4	4:14	-0.3	4:53	-0.1	7:11	5:18	
25	Sun	11:27	3.8	11:51	3.4	5:01	0.0	5:36	0.1	7:11	5:19	
26	Mon			12:11	3.5	5:50	0.2	6:19	0.2	7:10	5:21	
27	Tue	12:40	3.3	12:58	3.2	6:42	0.4	7:03	0.3	7:09	5:22	
28	Wed	1:33	3.3	1:50	3.0	7:36	0.5	7:50	0.3	7:09	5:23	
29	Thu	2:29	3.4	2:45	2.9	8:32	0.6	8:39	0.3	7:08	5:24	
30	Fri	3:26	3.6	3:41	2.9	9:30	0.6	9:31	0.3	7:07	5:25	
31	Sat	4:20	3.8	4:33	3.0	10:26	0.5	10:23	0.1	7:06	5:26	