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# Sand Shoal Inlet, VA - Jul 1956

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 12:59 | 3.8 | 1:38 | 4.1 | 7:04 | 0.4 | 7:41 | 0.7 | 5:46 | 8:27 | |
| 2 | Mon | 1:52 | 3.7 | 2:35 | 4.4 | 7:53 | 0.4 | 8:41 | 0.7 | 5:46 | 8:27 | |
| 3 | Tue | 2:50 | 3.6 | 3:33 | 4.7 | 8:46 | 0.2 | 9:42 | 0.5 | 5:47 | 8:27 | |
| 4 | Wed | 3:49 | 3.6 | 4:30 | 5.0 | 9:42 | 0.1 | 10:43 | 0.3 | 5:47 | 8:27 | |
| 5 | Thu | 4:47 | 3.8 | 5:25 | 5.4 | 10:39 | -0.2 | 11:41 | 0.1 | 5:48 | 8:27 | |
| 6 | Fri | 5:43 | 3.9 | 6:20 | 5.6 | 11:36 | -0.4 | | | 5:48 | 8:26 | |
| 7 | Sat | 6:39 | 4.1 | 7:14 | 5.8 | 12:36 | -0.2 | 12:32 | -0.6 | 5:49 | 8:26 | |
| 8 | Sun | 7:34 | 4.3 | 8:07 | 5.8 | 1:28 | -0.4 | 1:27 | -0.7 | 5:49 | 8:26 | |
| 9 | Mon | 8:29 | 4.4 | 8:59 | 5.7 | 2:19 | -0.5 | 2:21 | -0.7 | 5:50 | 8:25 | |
| 10 | Tue | 9:23 | 4.5 | 9:50 | 5.4 | 3:09 | -0.6 | 3:16 | -0.6 | 5:51 | 8:25 | |
| 11 | Wed | 10:17 | 4.6 | 10:40 | 5.1 | 3:59 | -0.5 | 4:12 | -0.5 | 5:51 | 8:25 | |
| 12 | Thu | 11:11 | 4.5 | 11:31 | 4.6 | 4:50 | -0.4 | 5:11 | -0.2 | 5:52 | 8:24 | |
| 13 | Fri | | | 12:06 | 4.4 | 5:41 | -0.3 | 6:11 | 0.1 | 5:53 | 8:24 | |
| 14 | Sat | 12:23 | 4.1 | 1:04 | 4.3 | 6:33 | -0.1 | 7:14 | 0.3 | 5:53 | 8:23 | |
| 15 | Sun | 1:19 | 3.7 | 2:05 | 4.3 | 7:25 | 0.0 | 8:18 | 0.5 | 5:54 | 8:23 | |
| 16 | Mon | 2:18 | 3.3 | 3:07 | 4.2 | 8:18 | 0.2 | 9:23 | 0.6 | 5:55 | 8:22 | |
| 17 | Tue | 3:18 | 3.2 | 4:06 | 4.3 | 9:12 | 0.3 | 10:26 | 0.6 | 5:55 | 8:22 | |
| 18 | Wed | 4:15 | 3.1 | 4:57 | 4.4 | 10:05 | 0.3 | 11:21 | 0.6 | 5:56 | 8:21 | |
| 19 | Thu | 5:06 | 3.2 | 5:43 | 4.5 | 10:55 | 0.3 | | | 5:57 | 8:21 | |
| 20 | Fri | 5:52 | 3.3 | 6:25 | 4.6 | 12:06 | 0.5 | 11:42 AM | 0.2 | 5:58 | 8:20 | |
| 21 | Sat | 6:35 | 3.4 | 7:06 | 4.7 | 12:45 | 0.4 | 12:26 | 0.2 | 5:58 | 8:19 | |
| 22 | Sun | 7:17 | 3.6 | 7:45 | 4.7 | 1:20 | 0.4 | 1:07 | 0.1 | 5:59 | 8:19 | |
| 23 | Mon | 7:59 | 3.8 | 8:24 | 4.8 | 1:54 | 0.3 | 1:47 | 0.1 | 6:00 | 8:18 | |
| 24 | Tue | 8:40 | 3.9 | 9:02 | 4.7 | 2:29 | 0.3 | 2:26 | 0.2 | 6:01 | 8:17 | |
| 25 | Wed | 9:20 | 4.0 | 9:40 | 4.6 | 3:04 | 0.3 | 3:06 | 0.3 | 6:02 | 8:17 | |
| 26 | Thu | 10:00 | 4.1 | 10:17 | 4.4 | 3:40 | 0.3 | 3:48 | 0.4 | 6:02 | 8:16 | |
| 27 | Fri | 10:41 | 4.1 | 10:56 | 4.2 | 4:17 | 0.4 | 4:33 | 0.5 | 6:03 | 8:15 | |
| 28 | Sat | 11:23 | 4.2 | 11:37 | 4.0 | 4:57 | 0.4 | 5:22 | 0.6 | 6:04 | 8:14 | |
| 29 | Sun | | | 12:10 | 4.3 | 5:40 | 0.4 | 6:15 | 0.7 | 6:05 | 8:13 | |
| 30 | Mon | 12:23 | 3.8 | 1:03 | 4.4 | 6:27 | 0.4 | 7:13 | 0.8 | 6:06 | 8:12 | |
| 31 | Tue | 1:17 | 3.7 | 2:02 | 4.6 | 7:20 | 0.4 | 8:14 | 0.7 | 6:06 | 8:11 | |