

Sand Shoal Inlet, VA - Jan 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:14	4.2	6:22	3.0			12:36	0.3	7:17	4:56	
2	Thu	6:56	4.4	7:04	3.0	12:10	0.0	1:13	0.3	7:17	4:57	
3	Fri	7:37	4.5	7:46	3.1	12:51	-0.1	1:50	0.2	7:17	4:58	
4	Sat	8:18	4.5	8:27	3.2	1:31	-0.1	2:27	0.2	7:17	4:58	
5	Sun	8:58	4.5	9:08	3.2	2:11	-0.1	3:04	0.2	7:17	4:59	
6	Mon	9:36	4.5	9:49	3.3	2:51	-0.1	3:42	0.2	7:17	5:00	
7	Tue	10:15	4.4	10:31	3.4	3:32	0.0	4:21	0.2	7:17	5:01	
8	Wed	10:54	4.2	11:15	3.5	4:17	0.1	5:02	0.2	7:17	5:02	
9	Thu	11:35	4.0			5:07	0.2	5:44	0.2	7:17	5:03	
10	Fri	12:02	3.6	12:20	3.7	6:01	0.3	6:30	0.1	7:17	5:04	
11	Sat	12:55	3.8	1:13	3.5	7:01	0.3	7:19	0.0	7:17	5:05	
12	Sun	1:55	4.0	2:12	3.3	8:04	0.3	8:12	0.0	7:16	5:06	
13	Mon	2:58	4.3	3:16	3.2	9:11	0.2	9:10	-0.2	7:16	5:07	
14	Tue	4:01	4.6	4:18	3.2	10:17	0.1	10:11	-0.4	7:16	5:08	
15	Wed	5:02	4.9	5:19	3.2	11:22	-0.1	11:11	-0.6	7:16	5:09	
16	Thu	6:00	5.1	6:16	3.4			12:21	-0.3	7:15	5:10	
17	Fri	6:57	5.3	7:12	3.5	12:09	-0.8	1:15	-0.5	7:15	5:11	
18	Sat	7:51	5.3	8:06	3.7	1:05	-1.0	2:05	-0.6	7:15	5:12	
19	Sun	8:42	5.3	8:59	3.8	1:58	-1.0	2:53	-0.6	7:14	5:13	
20	Mon	9:31	5.0	9:50	3.8	2:51	-1.0	3:40	-0.6	7:14	5:14	
21	Tue	10:18	4.7	10:40	3.8	3:43	-0.8	4:27	-0.5	7:13	5:15	
22	Wed	11:04	4.2	11:29	3.8	4:37	-0.5	5:12	-0.4	7:13	5:16	
23	Thu	11:50	3.8			5:32	-0.2	5:58	-0.2	7:12	5:17	
24	Fri	12:20	3.7	12:37	3.3	6:28	0.1	6:44	0.0	7:11	5:18	
25	Sat	1:14	3.6	1:28	2.9	7:27	0.3	7:31	0.2	7:11	5:19	
26	Sun	2:12	3.5	2:25	2.7	8:28	0.5	8:21	0.3	7:10	5:20	
27	Mon	3:12	3.6	3:23	2.6	9:31	0.6	9:13	0.3	7:09	5:22	
28	Tue	4:10	3.6	4:19	2.6	10:33	0.6	10:07	0.3	7:09	5:23	
29	Wed	5:03	3.8	5:10	2.7	11:27	0.5	10:58	0.1	7:08	5:24	
30	Thu	5:50	4.0	5:56	2.9			12:10	0.4	7:07	5:25	
31	Fri	6:34	4.2	6:40	3.0			12:49	0.3	7:06	5:26	