

Sand Shoal Inlet, VA - Mar 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:05	4.1	6:12	3.3			12:13	0.4	6:34	5:56	
2	Sun	6:46	4.3	6:55	3.6	12:05	-0.1	12:49	0.2	6:32	5:57	
3	Mon	7:25	4.5	7:36	3.9	12:48	-0.2	1:25	0.0	6:31	5:58	
4	Tue	8:04	4.5	8:17	4.2	1:30	-0.3	2:00	-0.1	6:29	5:59	
5	Wed	8:42	4.5	8:58	4.4	2:13	-0.4	2:36	-0.2	6:28	6:00	
6	Thu	9:22	4.3	9:40	4.6	2:56	-0.4	3:14	-0.2	6:27	6:01	
7	Fri	10:03	4.1	10:24	4.6	3:42	-0.3	3:54	-0.2	6:25	6:02	
8	Sat	10:46	3.8	11:12	4.6	4:32	-0.2	4:38	-0.1	6:24	6:03	
9	Sun	11:33	3.5			5:27	0.0	5:28	0.0	6:22	6:04	
10	Mon	12:06	4.5	12:27	3.2	6:27	0.2	6:25	0.1	6:21	6:05	
11	Tue	1:08	4.4	1:31	3.0	7:33	0.3	7:29	0.1	6:19	6:06	
12	Wed	2:19	4.3	2:42	2.9	8:42	0.4	8:37	0.0	6:18	6:07	
13	Thu	3:32	4.4	3:53	3.1	9:51	0.3	9:46	-0.1	6:16	6:08	
14	Fri	4:39	4.5	4:57	3.4	10:55	0.1	10:52	-0.3	6:15	6:09	
15	Sat	5:37	4.6	5:53	3.7	11:49	-0.1	11:51	-0.5	6:13	6:10	
16	Sun	6:28	4.7	6:44	4.1			12:35	-0.3	6:12	6:11	
17	Mon	7:15	4.6	7:31	4.3	12:44	-0.6	1:17	-0.4	6:10	6:12	
18	Tue	7:59	4.5	8:15	4.5	1:33	-0.7	1:56	-0.4	6:09	6:12	
19	Wed	8:40	4.3	8:58	4.6	2:19	-0.6	2:34	-0.4	6:07	6:13	
20	Thu	9:21	4.0	9:39	4.6	3:04	-0.5	3:11	-0.3	6:06	6:14	
21	Fri	10:01	3.7	10:21	4.4	3:48	-0.3	3:49	-0.1	6:04	6:15	
22	Sat	10:41	3.4	11:04	4.2	4:33	0.0	4:30	0.1	6:03	6:16	
23	Sun	11:23	3.1	11:50	4.0	5:20	0.3	5:13	0.4	6:01	6:17	
24	Mon			12:09	2.9	6:10	0.6	6:01	0.5	6:00	6:18	
25	Tue	12:42	3.8	1:01	2.8	7:04	0.8	6:55	0.7	5:58	6:19	
26	Wed	1:42	3.6	2:02	2.7	8:02	0.9	7:54	0.7	5:57	6:20	
27	Thu	2:47	3.6	3:05	2.8	9:01	0.9	8:53	0.7	5:55	6:21	
28	Fri	3:48	3.8	4:04	3.0	9:56	0.9	9:52	0.5	5:54	6:21	
29	Sat	4:40	3.9	4:54	3.4	10:45	0.7	10:46	0.3	5:52	6:22	
30	Sun	5:26	4.1	5:40	3.8	11:27	0.5	11:36	0.1	5:51	6:23	
31	Mon	6:08	4.3	6:23	4.2			12:07	0.2	5:49	6:24	