

Sand Shoal Inlet, VA - Jun 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	9:13	3.9	9:44	5.8	3:09	-0.4	2:59	-0.5	5:43	8:17	
2	Mon	10:07	3.9	10:38	5.7	4:02	-0.3	3:52	-0.5	5:43	8:18	
3	Tue	11:01	3.8	11:32	5.4	4:56	-0.3	4:48	-0.3	5:43	8:19	
4	Wed	11:57	3.7			5:52	-0.1	5:47	-0.2	5:43	8:19	
5	Thu	12:28	5.1	12:56	3.7	6:49	0.0	6:51	0.0	5:42	8:20	
6	Fri	1:25	4.7	1:59	3.7	7:45	0.0	7:56	0.2	5:42	8:20	
7	Sat	2:24	4.3	3:04	3.8	8:40	0.1	9:03	0.3	5:42	8:21	
8	Sun	3:24	3.9	4:08	4.0	9:31	0.1	10:09	0.4	5:42	8:21	
9	Mon	4:23	3.6	5:04	4.2	10:21	0.2	11:13	0.4	5:42	8:22	
10	Tue	5:17	3.4	5:53	4.4	11:08	0.2			5:41	8:23	
11	Wed	6:06	3.3	6:37	4.5	12:12	0.4	11:54 AM	0.2	5:41	8:23	
12	Thu	6:51	3.2	7:19	4.7	1:02	0.3	12:37	0.2	5:41	8:23	
13	Fri	7:34	3.2	8:00	4.7	1:45	0.3	1:19	0.2	5:41	8:24	
14	Sat	8:16	3.2	8:42	4.8	2:24	0.3	1:59	0.2	5:41	8:24	
15	Sun	8:58	3.3	9:24	4.7	3:02	0.3	2:40	0.2	5:41	8:25	
16	Mon	9:40	3.3	10:05	4.7	3:40	0.3	3:20	0.2	5:41	8:25	
17	Tue	10:22	3.3	10:46	4.6	4:18	0.4	4:00	0.3	5:42	8:25	
18	Wed	11:03	3.3	11:27	4.5	4:58	0.5	4:42	0.4	5:42	8:26	
19	Thu	11:46	3.4			5:38	0.5	5:27	0.5	5:42	8:26	
20	Fri	12:07	4.4	12:30	3.4	6:20	0.6	6:16	0.6	5:42	8:26	
21	Sat	12:49	4.2	1:17	3.5	7:02	0.6	7:08	0.7	5:42	8:26	
22	Sun	1:34	4.0	2:08	3.7	7:45	0.5	8:04	0.7	5:42	8:27	
23	Mon	2:23	3.8	3:02	4.0	8:30	0.5	9:03	0.7	5:43	8:27	
24	Tue	3:18	3.7	3:59	4.3	9:17	0.4	10:04	0.6	5:43	8:27	
25	Wed	4:15	3.6	4:55	4.7	10:08	0.2	11:06	0.4	5:43	8:27	
26	Thu	5:12	3.6	5:50	5.1	11:02	0.0			5:44	8:27	
27	Fri	6:09	3.6	6:45	5.5	12:07	0.2	11:58 AM	-0.2	5:44	8:27	
28	Sat	7:04	3.7	7:40	5.7	1:06	0.0	12:54	-0.4	5:44	8:27	
29	Sun	8:00	3.8	8:35	5.8	2:01	-0.2	1:49	-0.5	5:45	8:27	
30	Mon	8:55	3.9	9:30	5.8	2:54	-0.3	2:44	-0.6	5:45	8:27	