

Sand Shoal Inlet, VA - Jul 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	9:51	4.0	10:23	5.7	3:46	-0.4	3:39	-0.6	5:46	8:27	
2	Wed	10:46	4.0	11:16	5.4	4:38	-0.3	4:35	-0.5	5:46	8:27	
3	Thu	11:40	4.1			5:30	-0.3	5:33	-0.3	5:47	8:27	
4	Fri	12:07	5.0	12:36	4.1	6:22	-0.2	6:33	0.0	5:47	8:27	
5	Sat	12:59	4.5	1:33	4.1	7:12	-0.1	7:36	0.2	5:48	8:27	
6	Sun	1:51	4.0	2:32	4.1	8:02	0.1	8:40	0.4	5:48	8:26	
7	Mon	2:47	3.6	3:33	4.1	8:52	0.2	9:44	0.5	5:49	8:26	
8	Tue	3:45	3.3	4:31	4.2	9:41	0.3	10:49	0.6	5:49	8:26	
9	Wed	4:42	3.1	5:24	4.3	10:30	0.4	11:50	0.6	5:50	8:26	
10	Thu	5:35	3.0	6:12	4.4	11:20	0.4			5:51	8:25	
11	Fri	6:23	3.0	6:57	4.5	12:42	0.6	12:08	0.4	5:51	8:25	
12	Sat	7:08	3.1	7:40	4.6	1:26	0.5	12:54	0.3	5:52	8:24	
13	Sun	7:51	3.2	8:22	4.7	2:04	0.5	1:37	0.2	5:53	8:24	
14	Mon	8:34	3.3	9:03	4.8	2:40	0.5	2:18	0.2	5:53	8:24	
15	Tue	9:15	3.5	9:43	4.8	3:16	0.4	2:58	0.2	5:54	8:23	
16	Wed	9:57	3.6	10:21	4.7	3:51	0.4	3:38	0.2	5:55	8:23	
17	Thu	10:38	3.7	10:59	4.6	4:27	0.4	4:19	0.3	5:55	8:22	
18	Fri	11:18	3.7	11:37	4.5	5:04	0.4	5:02	0.4	5:56	8:21	
19	Sat	11:59	3.9			5:42	0.4	5:49	0.5	5:57	8:21	
20	Sun	12:15	4.2	12:43	4.0	6:21	0.4	6:40	0.6	5:58	8:20	
21	Mon	12:57	4.0	1:31	4.2	7:03	0.4	7:36	0.7	5:58	8:20	
22	Tue	1:45	3.8	2:26	4.3	7:49	0.4	8:36	0.7	5:59	8:19	
23	Wed	2:40	3.6	3:25	4.6	8:40	0.3	9:39	0.7	6:00	8:18	
24	Thu	3:42	3.4	4:28	4.9	9:36	0.2	10:45	0.5	6:01	8:17	
25	Fri	4:45	3.4	5:29	5.2	10:36	0.1	11:49	0.4	6:01	8:17	
26	Sat	5:47	3.5	6:29	5.4	11:38	-0.1			6:02	8:16	
27	Sun	6:46	3.7	7:26	5.6	12:50	0.1	12:38	-0.3	6:03	8:15	
28	Mon	7:43	3.9	8:21	5.8	1:45	-0.1	1:36	-0.5	6:04	8:14	
29	Tue	8:39	4.1	9:14	5.7	2:37	-0.2	2:31	-0.6	6:05	8:13	
30	Wed	9:33	4.3	10:05	5.5	3:26	-0.3	3:25	-0.6	6:05	8:12	
31	Thu	10:26	4.5	10:53	5.2	4:13	-0.4	4:19	-0.5	6:06	8:12	