

Sand Shoal Inlet, VA - Aug 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:17	4.5	11:40	4.8	5:00	-0.3	5:14	-0.3	6:07	8:11	
2	Sat			12:08	4.5	5:46	-0.2	6:11	0.0	6:08	8:10	
3	Sun	12:28	4.3	1:00	4.4	6:33	0.0	7:10	0.3	6:09	8:09	
4	Mon	1:16	3.8	1:54	4.3	7:21	0.2	8:10	0.6	6:10	8:08	
5	Tue	2:08	3.4	2:52	4.2	8:09	0.4	9:13	0.8	6:10	8:07	
6	Wed	3:05	3.1	3:53	4.2	9:00	0.5	10:18	0.9	6:11	8:06	
7	Thu	4:06	2.9	4:53	4.2	9:54	0.6	11:22	0.9	6:12	8:04	
8	Fri	5:05	3.0	5:47	4.3	10:48	0.6			6:13	8:03	
9	Sat	5:56	3.1	6:35	4.4	12:17	0.9	11:42 AM	0.6	6:14	8:02	
10	Sun	6:43	3.2	7:18	4.6	1:01	0.8	12:30	0.5	6:15	8:01	
11	Mon	7:26	3.4	7:59	4.7	1:37	0.7	1:15	0.3	6:16	8:00	
12	Tue	8:08	3.7	8:38	4.8	2:11	0.6	1:56	0.2	6:16	7:59	
13	Wed	8:49	3.9	9:15	4.9	2:44	0.5	2:36	0.2	6:17	7:58	
14	Thu	9:29	4.0	9:52	4.8	3:18	0.4	3:16	0.2	6:18	7:56	
15	Fri	10:09	4.2	10:29	4.7	3:52	0.3	3:57	0.3	6:19	7:55	
16	Sat	10:48	4.4	11:06	4.5	4:27	0.3	4:40	0.4	6:20	7:54	
17	Sun	11:29	4.5	11:45	4.3	5:03	0.4	5:26	0.5	6:21	7:53	
18	Mon			12:12	4.6	5:42	0.4	6:17	0.6	6:21	7:51	
19	Tue	12:27	4.0	1:00	4.6	6:26	0.4	7:14	0.7	6:22	7:50	
20	Wed	1:15	3.7	1:56	4.7	7:16	0.5	8:16	0.8	6:23	7:49	
21	Thu	2:13	3.5	3:00	4.8	8:12	0.5	9:21	0.8	6:24	7:47	
22	Fri	3:19	3.4	4:09	4.9	9:14	0.4	10:29	0.7	6:25	7:46	
23	Sat	4:28	3.4	5:15	5.1	10:20	0.2	11:35	0.5	6:26	7:45	
24	Sun	5:34	3.6	6:16	5.3	11:25	0.0			6:26	7:43	
25	Mon	6:34	3.9	7:12	5.5	12:34	0.3	12:27	-0.2	6:27	7:42	
26	Tue	7:30	4.2	8:04	5.6	1:27	0.0	1:25	-0.4	6:28	7:41	
27	Wed	8:23	4.5	8:54	5.5	2:15	-0.2	2:19	-0.5	6:29	7:39	
28	Thu	9:13	4.8	9:41	5.2	2:59	-0.3	3:11	-0.5	6:30	7:38	
29	Fri	10:02	4.9	10:26	4.9	3:42	-0.3	4:02	-0.3	6:31	7:36	
30	Sat	10:50	5.0	11:10	4.5	4:25	-0.2	4:53	-0.1	6:31	7:35	
31	Sun	11:36	4.9	11:55	4.1	5:07	0.0	5:45	0.2	6:32	7:33	