

Sand Shoal Inlet, VA - Nov 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:14	3.1	12:49	4.1	6:04	0.9	7:14	1.1	6:27	5:05	
2	Sun	1:12	3.1	1:47	4.0	7:02	1.0	8:06	1.1	6:28	5:04	
3	Mon	2:14	3.2	2:44	4.0	8:00	1.0	8:54	1.0	6:29	5:03	
4	Tue	3:13	3.5	3:36	4.1	8:58	0.9	9:38	0.8	6:30	5:02	
5	Wed	4:04	3.8	4:24	4.1	9:54	0.8	10:21	0.6	6:31	5:01	
6	Thu	4:50	4.2	5:08	4.2	10:46	0.6	11:02	0.4	6:32	5:00	
7	Fri	5:34	4.7	5:51	4.2	11:36	0.4	11:43	0.2	6:34	4:59	
8	Sat	6:17	5.1	6:35	4.2			12:24	0.2	6:35	4:58	
9	Sun	7:01	5.4	7:20	4.2	12:25	0.0	1:11	0.0	6:36	4:57	
10	Mon	7:46	5.6	8:06	4.1	1:08	-0.1	1:59	-0.1	6:37	4:57	
11	Tue	8:34	5.7	8:53	4.0	1:52	-0.2	2:48	-0.1	6:38	4:56	
12	Wed	9:24	5.7	9:43	3.8	2:39	-0.2	3:40	0.0	6:39	4:55	
13	Thu	10:16	5.5	10:36	3.7	3:29	-0.1	4:36	0.2	6:40	4:54	
14	Fri	11:12	5.3	11:34	3.5	4:25	0.0	5:35	0.3	6:41	4:53	
15	Sat			12:11	5.0	5:27	0.1	6:36	0.3	6:42	4:53	
16	Sun	12:38	3.5	1:13	4.7	6:34	0.3	7:37	0.3	6:43	4:52	
17	Mon	1:48	3.6	2:19	4.4	7:42	0.3	8:34	0.3	6:44	4:51	
18	Tue	2:58	3.8	3:22	4.2	8:51	0.3	9:28	0.2	6:45	4:51	
19	Wed	4:01	4.1	4:19	4.0	9:58	0.3	10:18	0.1	6:46	4:50	
20	Thu	4:54	4.4	5:10	3.9	11:00	0.2	11:05	0.0	6:47	4:50	
21	Fri	5:41	4.7	5:56	3.7	11:54	0.1	11:48	-0.1	6:48	4:49	
22	Sat	6:25	4.9	6:39	3.6			12:42	0.0	6:49	4:48	
23	Sun	7:07	5.0	7:22	3.6	12:29	-0.1	1:26	0.0	6:50	4:48	
24	Mon	7:48	5.0	8:04	3.5	1:09	-0.1	2:07	0.1	6:51	4:48	
25	Tue	8:30	4.9	8:45	3.4	1:49	0.0	2:47	0.2	6:52	4:47	
26	Wed	9:13	4.8	9:27	3.3	2:28	0.1	3:28	0.3	6:53	4:47	
27	Thu	9:56	4.6	10:10	3.2	3:09	0.2	4:11	0.5	6:54	4:46	
28	Fri	10:39	4.4	10:55	3.1	3:52	0.4	4:55	0.6	6:55	4:46	
29	Sat	11:24	4.2	11:42	3.1	4:38	0.5	5:42	0.7	6:56	4:46	
30	Sun			12:10	4.1	5:28	0.7	6:28	0.8	6:57	4:46	