

Sand Shoal Inlet, VA - Dec 1969

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:33	3.1	12:59	3.9	6:22	0.8	7:14	0.7	6:58	4:45	
2	Tue	1:29	3.2	1:50	3.8	7:19	0.8	7:59	0.7	6:59	4:45	
3	Wed	2:25	3.5	2:43	3.7	8:16	0.8	8:44	0.5	7:00	4:45	
4	Thu	3:20	3.8	3:35	3.7	9:14	0.7	9:30	0.4	7:01	4:45	
5	Fri	4:10	4.2	4:26	3.7	10:12	0.5	10:17	0.2	7:02	4:45	
6	Sat	4:59	4.7	5:15	3.7	11:07	0.3	11:05	-0.1	7:03	4:45	
7	Sun	5:47	5.0	6:04	3.7			12:01	0.0	7:03	4:45	
8	Mon	6:36	5.4	6:54	3.8			12:52	-0.1	7:04	4:45	
9	Tue	7:27	5.6	7:45	3.8	12:43	-0.5	1:43	-0.3	7:05	4:45	
10	Wed	8:19	5.7	8:37	3.8	1:33	-0.6	2:34	-0.3	7:06	4:45	
11	Thu	9:11	5.6	9:30	3.7	2:24	-0.6	3:27	-0.3	7:07	4:45	
12	Fri	10:04	5.4	10:24	3.7	3:18	-0.6	4:21	-0.2	7:07	4:46	
13	Sat	10:58	5.1	11:22	3.6	4:15	-0.4	5:16	-0.2	7:08	4:46	
14	Sun	11:53	4.7			5:16	-0.2	6:12	-0.1	7:09	4:46	
15	Mon	12:22	3.6	12:50	4.3	6:20	0.0	7:07	-0.1	7:10	4:46	
16	Tue	1:27	3.7	1:50	3.9	7:27	0.1	8:01	0.0	7:10	4:47	
17	Wed	2:33	3.8	2:51	3.5	8:35	0.2	8:53	0.0	7:11	4:47	
18	Thu	3:36	4.0	3:50	3.3	9:43	0.3	9:44	0.0	7:11	4:47	
19	Fri	4:32	4.2	4:44	3.1	10:47	0.2	10:33	0.0	7:12	4:48	
20	Sat	5:21	4.4	5:32	3.1	11:43	0.2	11:21	-0.1	7:13	4:48	
21	Sun	6:06	4.5	6:17	3.1			12:30	0.1	7:13	4:49	
22	Mon	6:49	4.5	6:59	3.1	12:05	-0.1	1:12	0.1	7:14	4:49	
23	Tue	7:31	4.6	7:41	3.1	12:47	-0.1	1:50	0.1	7:14	4:50	
24	Wed	8:12	4.6	8:23	3.1	1:28	-0.2	2:28	0.1	7:14	4:50	
25	Thu	8:53	4.5	9:04	3.1	2:07	-0.1	3:05	0.2	7:15	4:51	
26	Fri	9:33	4.5	9:46	3.2	2:47	-0.1	3:43	0.3	7:15	4:51	
27	Sat	10:13	4.3	10:28	3.2	3:28	0.1	4:22	0.3	7:16	4:52	
28	Sun	10:52	4.2	11:10	3.2	4:11	0.2	5:02	0.4	7:16	4:53	
29	Mon	11:32	4.0	11:56	3.2	4:56	0.3	5:42	0.4	7:16	4:53	
30	Tue			12:14	3.7	5:46	0.5	6:24	0.4	7:16	4:54	
31	Wed	12:44	3.4	1:00	3.5	6:40	0.6	7:07	0.4	7:17	4:55	