

Sand Shoal Inlet, VA - Jan 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	1:35	3.6	1:51	3.3	7:37	0.6	7:51	0.3	7:17	4:56	
2	Fri	2:32	3.8	2:48	3.2	8:37	0.5	8:42	0.2	7:17	4:56	
3	Sat	3:30	4.2	3:46	3.2	9:39	0.4	9:37	0.0	7:17	4:57	
4	Sun	4:27	4.5	4:44	3.2	10:41	0.2	10:33	-0.2	7:17	4:58	
5	Mon	5:23	4.9	5:39	3.4	11:40	0.0	11:30	-0.5	7:17	4:59	
6	Tue	6:17	5.2	6:33	3.5			12:35	-0.2	7:17	5:00	
7	Wed	7:11	5.4	7:28	3.7	12:25	-0.7	1:28	-0.4	7:17	5:01	
8	Thu	8:05	5.5	8:21	3.8	1:19	-0.9	2:18	-0.6	7:17	5:02	
9	Fri	8:57	5.5	9:15	3.9	2:12	-1.0	3:08	-0.6	7:17	5:03	
10	Sat	9:47	5.3	10:08	4.0	3:06	-1.0	3:57	-0.6	7:17	5:04	
11	Sun	10:37	4.9	11:02	4.0	4:02	-0.8	4:47	-0.6	7:17	5:04	
12	Mon	11:27	4.4	11:57	4.0	5:00	-0.5	5:37	-0.5	7:16	5:05	
13	Tue			12:18	3.9	6:00	-0.3	6:28	-0.3	7:16	5:06	
14	Wed	12:55	3.9	1:12	3.4	7:04	0.0	7:19	-0.2	7:16	5:07	
15	Thu	1:57	3.9	2:11	3.0	8:09	0.2	8:12	-0.1	7:16	5:08	
16	Fri	3:01	3.8	3:12	2.7	9:17	0.3	9:06	0.0	7:15	5:09	
17	Sat	4:02	3.9	4:12	2.6	10:25	0.4	10:01	0.0	7:15	5:11	
18	Sun	4:58	4.0	5:05	2.7	11:25	0.3	10:54	0.0	7:15	5:12	
19	Mon	5:47	4.0	5:52	2.8			12:14	0.3	7:14	5:13	
20	Tue	6:31	4.2	6:35	2.9			12:53	0.2	7:14	5:14	
21	Wed	7:13	4.3	7:17	3.0	12:27	-0.2	1:29	0.2	7:13	5:15	
22	Thu	7:52	4.3	7:58	3.2	1:08	-0.2	2:02	0.1	7:13	5:16	
23	Fri	8:30	4.4	8:39	3.3	1:47	-0.3	2:36	0.1	7:12	5:17	
24	Sat	9:07	4.3	9:18	3.4	2:26	-0.2	3:09	0.1	7:12	5:18	
25	Sun	9:44	4.2	9:58	3.5	3:05	-0.1	3:44	0.1	7:11	5:19	
26	Mon	10:20	4.0	10:37	3.6	3:45	0.0	4:19	0.1	7:10	5:20	
27	Tue	10:56	3.8	11:18	3.6	4:28	0.1	4:56	0.2	7:10	5:21	
28	Wed	11:35	3.6			5:15	0.3	5:35	0.2	7:09	5:22	
29	Thu	12:02	3.7	12:18	3.3	6:07	0.4	6:20	0.2	7:08	5:23	
30	Fri	12:53	3.8	1:09	3.1	7:04	0.5	7:10	0.2	7:07	5:25	
31	Sat	1:52	3.9	2:09	2.9	8:06	0.5	8:06	0.1	7:07	5:26	