

## Sand Shoal Inlet, VA - Mar 1970

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Sun | 1:23  | 4.2 | 1:43  | 2.9 | 7:44  | 0.5  | 7:41  | 0.2  | 6:34                                                                                | 5:56 |    |
| 2    | Mon | 2:32  | 4.2 | 2:53  | 3.0 | 8:51  | 0.5  | 8:47  | 0.0  | 6:33                                                                                | 5:57 |    |
| 3    | Tue | 3:41  | 4.4 | 4:01  | 3.2 | 9:58  | 0.3  | 9:54  | -0.2 | 6:31                                                                                | 5:58 |    |
| 4    | Wed | 4:46  | 4.7 | 5:03  | 3.5 | 11:00 | 0.1  | 10:59 | -0.5 | 6:30                                                                                | 5:59 |    |
| 5    | Thu | 5:44  | 4.9 | 6:01  | 3.9 | 11:55 | -0.2 | 11:59 | -0.7 | 6:28                                                                                | 6:00 |    |
| 6    | Fri | 6:37  | 5.0 | 6:54  | 4.3 |       |      | 12:44 | -0.5 | 6:27                                                                                | 6:01 |    |
| 7    | Sat | 7:27  | 5.0 | 7:46  | 4.6 | 12:55 | -0.9 | 1:30  | -0.7 | 6:25                                                                                | 6:02 |    |
| 8    | Sun | 8:15  | 4.9 | 8:35  | 4.8 | 1:47  | -1.0 | 2:14  | -0.8 | 6:24                                                                                | 6:03 |    |
| 9    | Mon | 9:02  | 4.6 | 9:23  | 4.9 | 2:38  | -0.9 | 2:57  | -0.7 | 6:23                                                                                | 6:04 |    |
| 10   | Tue | 9:47  | 4.2 | 10:11 | 4.8 | 3:29  | -0.8 | 3:41  | -0.6 | 6:21                                                                                | 6:05 |    |
| 11   | Wed | 10:32 | 3.8 | 10:58 | 4.6 | 4:20  | -0.5 | 4:26  | -0.4 | 6:20                                                                                | 6:06 |    |
| 12   | Thu | 11:18 | 3.4 | 11:48 | 4.3 | 5:13  | -0.1 | 5:13  | -0.1 | 6:18                                                                                | 6:07 |   |
| 13   | Fri |       |     | 12:07 | 3.1 | 6:09  | 0.2  | 6:04  | 0.2  | 6:17                                                                                | 6:08 |  |
| 14   | Sat | 12:42 | 4.0 | 1:00  | 2.8 | 7:08  | 0.5  | 6:59  | 0.4  | 6:15                                                                                | 6:09 |  |
| 15   | Sun | 1:44  | 3.7 | 2:02  | 2.6 | 8:11  | 0.7  | 7:59  | 0.5  | 6:14                                                                                | 6:09 |  |
| 16   | Mon | 2:53  | 3.6 | 3:08  | 2.6 | 9:18  | 0.8  | 9:00  | 0.5  | 6:12                                                                                | 6:10 |  |
| 17   | Tue | 3:59  | 3.6 | 4:09  | 2.8 | 10:19 | 0.8  | 10:00 | 0.4  | 6:11                                                                                | 6:11 |  |
| 18   | Wed | 4:53  | 3.8 | 5:00  | 3.1 | 11:07 | 0.7  | 10:54 | 0.3  | 6:09                                                                                | 6:12 |  |
| 19   | Thu | 5:37  | 3.9 | 5:44  | 3.4 | 11:44 | 0.5  | 11:41 | 0.2  | 6:08                                                                                | 6:13 |  |
| 20   | Fri | 6:16  | 4.1 | 6:25  | 3.7 |       |      | 12:18 | 0.4  | 6:06                                                                                | 6:14 |  |
| 21   | Sat | 6:53  | 4.1 | 7:04  | 4.0 | 12:23 | 0.0  | 12:50 | 0.2  | 6:05                                                                                | 6:15 |  |
| 22   | Sun | 7:30  | 4.2 | 7:43  | 4.3 | 1:03  | -0.1 | 1:23  | 0.1  | 6:03                                                                                | 6:16 |  |
| 23   | Mon | 8:07  | 4.2 | 8:21  | 4.5 | 1:42  | -0.1 | 1:56  | 0.1  | 6:02                                                                                | 6:17 |  |
| 24   | Tue | 8:44  | 4.1 | 9:00  | 4.6 | 2:22  | -0.1 | 2:30  | 0.0  | 6:00                                                                                | 6:18 |  |
| 25   | Wed | 9:22  | 3.9 | 9:40  | 4.7 | 3:03  | -0.1 | 3:07  | 0.1  | 5:59                                                                                | 6:19 |  |
| 26   | Thu | 10:01 | 3.7 | 10:22 | 4.7 | 3:46  | 0.0  | 3:46  | 0.1  | 5:57                                                                                | 6:19 |  |
| 27   | Fri | 10:43 | 3.5 | 11:09 | 4.6 | 4:34  | 0.2  | 4:30  | 0.2  | 5:56                                                                                | 6:20 |  |
| 28   | Sat | 11:29 | 3.3 |       |     | 5:27  | 0.3  | 5:21  | 0.3  | 5:54                                                                                | 6:21 |  |
| 29   | Sun | 12:02 | 4.5 | 12:24 | 3.2 | 6:26  | 0.4  | 6:20  | 0.3  | 5:53                                                                                | 6:22 |  |
| 30   | Mon | 1:04  | 4.4 | 1:28  | 3.1 | 7:29  | 0.5  | 7:26  | 0.3  | 5:51                                                                                | 6:23 |  |
| 31   | Tue | 2:13  | 4.4 | 2:39  | 3.2 | 8:34  | 0.5  | 8:34  | 0.1  | 5:50                                                                                | 6:24 |  |