

Sand Shoal Inlet, VA - May 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	5:03	4.3	5:34	4.3	11:07	0.0	11:36	0.0	6:08	7:52	
2	Sat	5:59	4.2	6:27	4.7	11:57	-0.1			6:07	7:53	
3	Sun	6:50	4.1	7:16	5.0	12:36	-0.2	12:45	-0.3	6:05	7:53	
4	Mon	7:38	4.0	8:03	5.2	1:30	-0.3	1:30	-0.3	6:04	7:54	
5	Tue	8:25	3.9	8:49	5.2	2:20	-0.4	2:13	-0.3	6:03	7:55	
6	Wed	9:10	3.7	9:34	5.2	3:07	-0.3	2:56	-0.3	6:02	7:56	
7	Thu	9:55	3.6	10:19	5.0	3:52	-0.2	3:39	-0.1	6:01	7:57	
8	Fri	10:40	3.4	11:04	4.8	4:37	0.0	4:23	0.1	6:00	7:58	
9	Sat	11:24	3.3	11:50	4.5	5:23	0.2	5:08	0.3	5:59	7:59	
10	Sun			12:10	3.2	6:11	0.5	5:57	0.5	5:58	8:00	
11	Mon	12:38	4.2	12:59	3.1	7:01	0.6	6:50	0.6	5:57	8:01	
12	Tue	1:29	4.0	1:53	3.1	7:51	0.8	7:46	0.8	5:56	8:01	
13	Wed	2:22	3.8	2:50	3.2	8:39	0.8	8:43	0.8	5:56	8:02	
14	Thu	3:18	3.7	3:48	3.4	9:25	0.8	9:40	0.8	5:55	8:03	
15	Fri	4:11	3.6	4:41	3.7	10:10	0.7	10:36	0.7	5:54	8:04	
16	Sat	5:01	3.6	5:29	4.0	10:53	0.6	11:30	0.6	5:53	8:05	
17	Sun	5:48	3.7	6:13	4.4	11:36	0.5			5:52	8:06	
18	Mon	6:32	3.7	6:57	4.8	12:20	0.4	12:19	0.3	5:51	8:07	
19	Tue	7:17	3.8	7:41	5.1	1:08	0.2	1:02	0.1	5:51	8:07	
20	Wed	8:02	3.8	8:26	5.3	1:55	0.1	1:46	0.0	5:50	8:08	
21	Thu	8:47	3.8	9:12	5.4	2:41	0.0	2:30	-0.1	5:49	8:09	
22	Fri	9:35	3.8	10:01	5.5	3:28	-0.1	3:17	-0.1	5:49	8:10	
23	Sat	10:23	3.7	10:51	5.4	4:17	-0.1	4:06	-0.1	5:48	8:11	
24	Sun	11:14	3.7	11:43	5.2	5:09	0.0	4:59	-0.1	5:47	8:11	
25	Mon			12:08	3.6	6:03	0.1	5:57	0.0	5:47	8:12	
26	Tue	12:37	5.0	1:06	3.7	6:59	0.1	7:00	0.1	5:46	8:13	
27	Wed	1:34	4.7	2:09	3.7	7:55	0.1	8:06	0.2	5:46	8:14	
28	Thu	2:35	4.4	3:14	3.9	8:50	0.1	9:13	0.3	5:45	8:14	
29	Fri	3:36	4.1	4:18	4.2	9:43	0.0	10:20	0.2	5:45	8:15	
30	Sat	4:37	3.9	5:16	4.5	10:35	0.0	11:25	0.2	5:44	8:16	
31	Sun	5:33	3.7	6:08	4.8	11:26	-0.1			5:44	8:16	