

Sand Shoal Inlet, VA - Jun 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:25	3.6	6:57	5.0	12:25	0.1	12:15	-0.1	5:44	8:17	
2	Tue	7:14	3.5	7:43	5.1	1:19	0.0	1:02	-0.1	5:43	8:18	
3	Wed	8:01	3.4	8:29	5.1	2:07	0.0	1:47	-0.1	5:43	8:18	
4	Thu	8:46	3.4	9:13	5.0	2:51	0.0	2:31	-0.1	5:43	8:19	
5	Fri	9:31	3.4	9:58	4.9	3:34	0.1	3:14	0.0	5:42	8:20	
6	Sat	10:15	3.3	10:41	4.7	4:16	0.2	3:57	0.1	5:42	8:20	
7	Sun	10:59	3.3	11:25	4.5	4:58	0.3	4:41	0.3	5:42	8:21	
8	Mon	11:43	3.3			5:41	0.5	5:27	0.4	5:42	8:21	
9	Tue	12:08	4.3	12:29	3.3	6:24	0.6	6:16	0.6	5:42	8:22	
10	Wed	12:52	4.1	1:17	3.3	7:07	0.6	7:08	0.7	5:41	8:22	
11	Thu	1:37	3.9	2:08	3.4	7:50	0.7	8:02	0.8	5:41	8:23	
12	Fri	2:26	3.7	3:02	3.6	8:32	0.7	8:58	0.9	5:41	8:23	
13	Sat	3:17	3.5	3:55	3.9	9:16	0.6	9:54	0.8	5:41	8:24	
14	Sun	4:10	3.4	4:46	4.2	10:01	0.5	10:51	0.7	5:41	8:24	
15	Mon	5:02	3.4	5:36	4.6	10:49	0.4	11:47	0.5	5:41	8:25	
16	Tue	5:53	3.5	6:24	4.9	11:38	0.3			5:41	8:25	
17	Wed	6:42	3.5	7:14	5.2	12:40	0.3	12:28	0.1	5:42	8:25	
18	Thu	7:32	3.6	8:04	5.5	1:32	0.1	1:19	-0.1	5:42	8:26	
19	Fri	8:23	3.7	8:55	5.6	2:22	0.0	2:09	-0.3	5:42	8:26	
20	Sat	9:15	3.8	9:46	5.7	3:11	-0.1	3:00	-0.4	5:42	8:26	
21	Sun	10:07	3.9	10:37	5.6	4:01	-0.2	3:53	-0.4	5:42	8:26	
22	Mon	11:00	4.0	11:29	5.4	4:52	-0.2	4:48	-0.3	5:42	8:27	
23	Tue	11:55	4.0			5:44	-0.2	5:46	-0.2	5:43	8:27	
24	Wed	12:21	5.0	12:51	4.1	6:36	-0.2	6:48	0.0	5:43	8:27	
25	Thu	1:14	4.6	1:51	4.2	7:28	-0.1	7:53	0.2	5:43	8:27	
26	Fri	2:10	4.1	2:53	4.3	8:20	-0.1	8:59	0.3	5:44	8:27	
27	Sat	3:09	3.7	3:56	4.4	9:12	0.0	10:06	0.4	5:44	8:27	
28	Sun	4:10	3.4	4:55	4.5	10:05	0.0	11:12	0.4	5:44	8:27	
29	Mon	5:09	3.3	5:50	4.7	10:57	0.1			5:45	8:27	
30	Tue	6:03	3.2	6:40	4.8	12:14	0.3	11:50 AM	0.1	5:45	8:27	