

Sand Shoal Inlet, VA - Jul 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:53	3.2	7:27	4.8	1:08	0.3	12:40	0.1	5:46	8:27	
2	Thu	7:40	3.2	8:12	4.8	1:54	0.2	1:27	0.0	5:46	8:27	
3	Fri	8:24	3.3	8:55	4.8	2:36	0.2	2:11	0.0	5:47	8:27	
4	Sat	9:08	3.3	9:37	4.8	3:14	0.3	2:53	0.0	5:47	8:27	
5	Sun	9:51	3.4	10:18	4.7	3:52	0.3	3:34	0.1	5:48	8:27	
6	Mon	10:33	3.5	10:57	4.6	4:29	0.4	4:16	0.2	5:48	8:26	
7	Tue	11:15	3.5	11:36	4.4	5:06	0.4	4:59	0.4	5:49	8:26	
8	Wed	11:57	3.6			5:44	0.5	5:44	0.5	5:49	8:26	
9	Thu	12:15	4.1	12:40	3.7	6:22	0.5	6:32	0.7	5:50	8:26	
10	Fri	12:55	3.9	1:26	3.8	7:01	0.6	7:24	0.8	5:50	8:25	
11	Sat	1:39	3.7	2:15	3.9	7:42	0.6	8:18	0.9	5:51	8:25	
12	Sun	2:28	3.4	3:09	4.1	8:27	0.6	9:15	0.9	5:52	8:25	
13	Mon	3:22	3.3	4:05	4.3	9:15	0.5	10:15	0.8	5:52	8:24	
14	Tue	4:20	3.3	5:02	4.7	10:08	0.4	11:16	0.7	5:53	8:24	
15	Wed	5:18	3.3	5:57	5.0	11:05	0.2			5:54	8:23	
16	Thu	6:14	3.5	6:51	5.3	12:15	0.4	12:02	0.0	5:54	8:23	
17	Fri	7:08	3.7	7:45	5.6	1:10	0.2	12:58	-0.2	5:55	8:22	
18	Sat	8:02	3.9	8:37	5.7	2:02	0.0	1:52	-0.4	5:56	8:22	
19	Sun	8:56	4.1	9:29	5.8	2:52	-0.2	2:46	-0.6	5:57	8:21	
20	Mon	9:49	4.3	10:20	5.6	3:40	-0.3	3:40	-0.6	5:57	8:20	
21	Tue	10:43	4.5	11:09	5.3	4:29	-0.4	4:35	-0.5	5:58	8:20	
22	Wed	11:36	4.6	11:59	4.9	5:17	-0.4	5:33	-0.3	5:59	8:19	
23	Thu			12:30	4.6	6:06	-0.3	6:33	0.0	6:00	8:18	
24	Fri	12:49	4.4	1:26	4.6	6:57	-0.2	7:36	0.2	6:00	8:18	
25	Sat	1:43	3.9	2:26	4.5	7:48	0.0	8:41	0.4	6:01	8:17	
26	Sun	2:41	3.5	3:29	4.5	8:41	0.1	9:48	0.5	6:02	8:16	
27	Mon	3:43	3.2	4:33	4.5	9:36	0.2	10:57	0.6	6:03	8:15	
28	Tue	4:46	3.0	5:33	4.5	10:33	0.3			6:04	8:14	
29	Wed	5:44	3.0	6:26	4.5	12:02	0.6	11:29 AM	0.3	6:04	8:14	
30	Thu	6:35	3.1	7:12	4.6	12:55	0.6	12:22	0.3	6:05	8:13	
31	Fri	7:20	3.3	7:55	4.7	1:39	0.5	1:10	0.2	6:06	8:12	