

Sand Shoal Inlet, VA - Aug 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:03	3.4	8:35	4.7	2:15	0.5	1:53	0.1	6:07	8:11	
2	Sun	8:44	3.6	9:13	4.7	2:49	0.4	2:33	0.1	6:08	8:10	
3	Mon	9:25	3.7	9:50	4.7	3:21	0.4	3:12	0.2	6:09	8:09	
4	Tue	10:05	3.9	10:27	4.6	3:54	0.4	3:52	0.2	6:09	8:08	
5	Wed	10:44	4.0	11:03	4.4	4:27	0.4	4:32	0.4	6:10	8:07	
6	Thu	11:23	4.1	11:40	4.2	5:01	0.5	5:15	0.5	6:11	8:06	
7	Fri			12:03	4.1	5:37	0.5	6:00	0.7	6:12	8:05	
8	Sat	12:17	3.9	12:46	4.2	6:15	0.6	6:50	0.8	6:13	8:04	
9	Sun	12:58	3.7	1:33	4.2	6:57	0.6	7:44	0.9	6:14	8:03	
10	Mon	1:46	3.4	2:28	4.3	7:44	0.7	8:43	1.0	6:14	8:01	
11	Tue	2:43	3.3	3:30	4.5	8:38	0.6	9:46	0.9	6:15	8:00	
12	Wed	3:46	3.3	4:34	4.8	9:37	0.5	10:50	0.8	6:16	7:59	
13	Thu	4:51	3.4	5:35	5.1	10:40	0.3	11:52	0.6	6:17	7:58	
14	Fri	5:51	3.6	6:32	5.4	11:42	0.0			6:18	7:57	
15	Sat	6:49	3.9	7:26	5.6	12:48	0.3	12:42	-0.2	6:19	7:55	
16	Sun	7:44	4.3	8:18	5.7	1:40	0.0	1:38	-0.5	6:20	7:54	
17	Mon	8:37	4.6	9:08	5.7	2:28	-0.2	2:33	-0.6	6:20	7:53	
18	Tue	9:30	4.9	9:57	5.5	3:14	-0.4	3:26	-0.6	6:21	7:52	
19	Wed	10:21	5.1	10:46	5.1	4:00	-0.5	4:20	-0.5	6:22	7:50	
20	Thu	11:12	5.1	11:34	4.7	4:46	-0.4	5:16	-0.3	6:23	7:49	
21	Fri			12:04	5.1	5:33	-0.3	6:14	0.0	6:24	7:48	
22	Sat	12:23	4.2	12:57	4.9	6:22	0.0	7:15	0.3	6:25	7:46	
23	Sun	1:15	3.7	1:55	4.7	7:15	0.2	8:19	0.6	6:25	7:45	
24	Mon	2:12	3.3	2:59	4.5	8:10	0.4	9:27	0.8	6:26	7:44	
25	Tue	3:16	3.1	4:08	4.4	9:09	0.5	10:38	0.9	6:27	7:42	
26	Wed	4:24	3.0	5:14	4.4	10:10	0.6	11:43	0.9	6:28	7:41	
27	Thu	5:26	3.1	6:08	4.4	11:10	0.6			6:29	7:40	
28	Fri	6:16	3.3	6:52	4.5	12:33	0.8	12:04	0.5	6:30	7:38	
29	Sat	6:59	3.5	7:31	4.6	1:12	0.7	12:50	0.4	6:30	7:37	
30	Sun	7:39	3.8	8:08	4.7	1:44	0.6	1:32	0.3	6:31	7:35	
31	Mon	8:18	4.0	8:44	4.7	2:14	0.5	2:12	0.3	6:32	7:34	