

Sand Shoal Inlet, VA - Nov 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:58	5.3	9:15	3.8	2:16	0.2	3:08	0.4	6:27	5:05	
2	Mon	9:42	5.2	10:00	3.7	2:58	0.3	3:56	0.5	6:28	5:04	
3	Tue	10:30	5.1	10:48	3.6	3:43	0.3	4:48	0.6	6:29	5:03	
4	Wed	11:22	5.0	11:43	3.5	4:36	0.4	5:45	0.6	6:30	5:02	
5	Thu			12:19	4.8	5:36	0.5	6:44	0.6	6:31	5:01	
6	Fri	12:45	3.5	1:21	4.7	6:41	0.5	7:43	0.5	6:32	5:00	
7	Sat	1:54	3.6	2:26	4.6	7:49	0.5	8:40	0.4	6:33	4:59	
8	Sun	3:01	4.0	3:28	4.5	8:56	0.3	9:35	0.2	6:34	4:58	
9	Mon	4:03	4.4	4:25	4.4	10:02	0.2	10:26	0.0	6:35	4:58	
10	Tue	4:58	4.8	5:18	4.3	11:04	0.0	11:15	-0.2	6:36	4:57	
11	Wed	5:49	5.2	6:09	4.2			12:02	-0.2	6:37	4:56	
12	Thu	6:38	5.4	6:57	4.1	12:02	-0.3	12:54	-0.3	6:39	4:55	
13	Fri	7:26	5.5	7:44	3.9	12:48	-0.4	1:43	-0.3	6:40	4:54	
14	Sat	8:13	5.5	8:31	3.8	1:33	-0.4	2:31	-0.2	6:41	4:54	
15	Sun	9:01	5.3	9:18	3.6	2:18	-0.3	3:18	0.0	6:42	4:53	
16	Mon	9:48	5.1	10:04	3.4	3:03	-0.1	4:07	0.2	6:43	4:52	
17	Tue	10:35	4.8	10:52	3.3	3:50	0.1	4:57	0.4	6:44	4:51	
18	Wed	11:23	4.5	11:41	3.1	4:40	0.3	5:48	0.6	6:45	4:51	
19	Thu			12:13	4.2	5:33	0.6	6:39	0.7	6:46	4:50	
20	Fri	12:36	3.1	1:06	3.9	6:29	0.7	7:28	0.8	6:47	4:50	
21	Sat	1:34	3.1	2:00	3.8	7:27	0.8	8:14	0.8	6:48	4:49	
22	Sun	2:34	3.3	2:54	3.7	8:25	0.9	8:58	0.7	6:49	4:49	
23	Mon	3:28	3.6	3:44	3.6	9:21	0.8	9:40	0.6	6:50	4:48	
24	Tue	4:16	3.9	4:31	3.6	10:15	0.7	10:22	0.5	6:51	4:48	
25	Wed	5:01	4.3	5:15	3.6	11:05	0.6	11:04	0.3	6:52	4:47	
26	Thu	5:43	4.6	5:58	3.7	11:52	0.4	11:46	0.2	6:53	4:47	
27	Fri	6:26	4.9	6:41	3.7			12:37	0.3	6:54	4:47	
28	Sat	7:09	5.1	7:25	3.7	12:28	0.1	1:22	0.2	6:55	4:46	
29	Sun	7:54	5.2	8:10	3.7	1:10	-0.1	2:06	0.1	6:56	4:46	
30	Mon	8:40	5.3	8:57	3.6	1:54	-0.1	2:53	0.1	6:57	4:46	