

Sand Shoal Inlet, VA - Mar 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:42	4.3	2:02	3.2	7:59	0.3	8:04	0.0	7:34	6:56	
2	Sat	2:46	4.3	3:07	3.2	9:03	0.3	9:07	0.0	7:32	6:57	
3	Sun	3:54	4.4	4:16	3.3	10:09	0.3	10:13	-0.2	7:31	6:58	
4	Mon	5:01	4.5	5:22	3.5	11:13	0.1	11:19	-0.4	7:30	6:59	
5	Tue	6:02	4.7	6:22	3.9			12:13	-0.2	7:28	7:00	
6	Wed	6:58	4.8	7:17	4.2	12:21	-0.6	1:06	-0.4	7:27	7:01	
7	Thu	7:50	4.9	8:09	4.5	1:19	-0.8	1:54	-0.6	7:25	7:02	
8	Fri	8:39	4.8	8:59	4.7	2:12	-1.0	2:39	-0.8	7:24	7:03	
9	Sat	9:26	4.6	9:47	4.8	3:03	-1.0	3:23	-0.8	7:23	7:04	
10	Sun	10:12	4.4	10:34	4.8	3:52	-0.8	4:06	-0.7	7:21	7:05	
11	Mon	10:56	4.1	11:20	4.6	4:41	-0.6	4:50	-0.5	7:20	7:06	
12	Tue	11:40	3.7			5:30	-0.3	5:35	-0.2	7:18	7:07	
13	Wed	12:06	4.4	12:26	3.4	6:21	0.0	6:23	0.0	7:17	7:08	
14	Thu	12:55	4.1	1:14	3.1	7:14	0.3	7:13	0.2	7:15	7:09	
15	Fri	1:49	3.8	2:07	2.9	8:09	0.5	8:08	0.4	7:14	7:10	
16	Sat	2:49	3.6	3:07	2.8	9:08	0.7	9:05	0.5	7:12	7:10	
17	Sun	3:52	3.6	4:09	2.9	10:06	0.8	10:03	0.5	7:11	7:11	
18	Mon	4:53	3.6	5:06	3.1	11:01	0.7	11:00	0.4	7:09	7:12	
19	Tue	5:44	3.8	5:56	3.3	11:49	0.6	11:52	0.3	7:08	7:13	
20	Wed	6:29	3.9	6:41	3.7			12:30	0.5	7:06	7:14	
21	Thu	7:10	4.1	7:23	4.0	12:39	0.1	1:08	0.3	7:05	7:15	
22	Fri	7:50	4.2	8:04	4.3	1:23	0.0	1:44	0.1	7:03	7:16	
23	Sat	8:29	4.3	8:45	4.5	2:05	-0.1	2:21	0.0	7:02	7:17	
24	Sun	9:09	4.3	9:26	4.7	2:46	-0.2	2:58	-0.1	7:00	7:18	
25	Mon	9:49	4.2	10:07	4.9	3:28	-0.2	3:36	-0.1	6:59	7:19	
26	Tue	10:30	4.1	10:51	4.9	4:12	-0.2	4:17	-0.1	6:57	7:19	
27	Wed	11:12	3.9	11:37	4.9	4:59	-0.1	5:01	-0.1	6:56	7:20	
28	Thu	11:58	3.7			5:50	0.0	5:51	0.0	6:54	7:21	
29	Fri	12:28	4.7	12:50	3.5	6:45	0.2	6:47	0.1	6:53	7:22	
30	Sat	1:24	4.6	1:49	3.4	7:45	0.3	7:49	0.1	6:51	7:23	
31	Sun	2:28	4.5	2:55	3.4	8:48	0.3	8:54	0.1	6:50	7:24	