

Sand Shoal Inlet, VA - Jul 1974

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:16	3.2	6:52	4.6	12:29	0.4	12:05	0.1	5:46	8:27	
2	Tue	7:03	3.3	7:36	4.7	1:17	0.3	12:53	0.1	5:46	8:27	
3	Wed	7:47	3.3	8:18	4.7	1:59	0.3	1:37	0.0	5:47	8:27	
4	Thu	8:30	3.4	8:59	4.8	2:36	0.2	2:18	0.0	5:47	8:27	
5	Fri	9:13	3.5	9:39	4.7	3:12	0.2	2:59	0.1	5:48	8:27	
6	Sat	9:54	3.6	10:18	4.7	3:48	0.3	3:39	0.1	5:48	8:26	
7	Sun	10:36	3.7	10:57	4.5	4:24	0.3	4:20	0.3	5:49	8:26	
8	Mon	11:17	3.8	11:35	4.4	5:01	0.4	5:03	0.4	5:49	8:26	
9	Tue	11:59	3.8			5:39	0.4	5:48	0.6	5:50	8:26	
10	Wed	12:14	4.1	12:42	3.9	6:18	0.5	6:36	0.7	5:50	8:25	
11	Thu	12:55	3.9	1:28	4.0	7:00	0.5	7:28	0.8	5:51	8:25	
12	Fri	1:40	3.7	2:20	4.1	7:45	0.5	8:24	0.8	5:52	8:25	
13	Sat	2:32	3.6	3:16	4.3	8:33	0.4	9:23	0.8	5:52	8:24	
14	Sun	3:30	3.5	4:14	4.6	9:26	0.3	10:24	0.7	5:53	8:24	
15	Mon	4:30	3.5	5:12	4.9	10:22	0.2	11:25	0.5	5:54	8:23	
16	Tue	5:29	3.6	6:09	5.2	11:20	0.0			5:54	8:23	
17	Wed	6:26	3.8	7:04	5.5	12:24	0.2	12:19	-0.3	5:55	8:22	
18	Thu	7:22	4.1	7:57	5.7	1:19	-0.1	1:15	-0.5	5:56	8:22	
19	Fri	8:17	4.3	8:50	5.8	2:11	-0.3	2:10	-0.7	5:57	8:21	
20	Sat	9:11	4.5	9:42	5.7	3:01	-0.5	3:04	-0.7	5:57	8:20	
21	Sun	10:05	4.7	10:32	5.5	3:50	-0.6	3:59	-0.7	5:58	8:20	
22	Mon	10:58	4.7	11:22	5.1	4:39	-0.6	4:54	-0.5	5:59	8:19	
23	Tue	11:51	4.7			5:28	-0.5	5:52	-0.3	6:00	8:18	
24	Wed	12:12	4.7	12:45	4.7	6:19	-0.3	6:52	0.0	6:00	8:18	
25	Thu	1:03	4.2	1:42	4.5	7:10	-0.2	7:54	0.3	6:01	8:17	
26	Fri	1:58	3.7	2:43	4.4	8:03	0.0	8:59	0.5	6:02	8:16	
27	Sat	2:56	3.4	3:47	4.3	8:57	0.2	10:05	0.6	6:03	8:15	
28	Sun	3:59	3.2	4:49	4.3	9:53	0.3	11:11	0.7	6:04	8:14	
29	Mon	4:59	3.1	5:44	4.4	10:49	0.3			6:04	8:14	
30	Tue	5:53	3.2	6:32	4.5	12:09	0.6	11:42 AM	0.3	6:05	8:13	
31	Wed	6:40	3.3	7:15	4.6	12:56	0.6	12:31	0.3	6:06	8:12	