

Sand Shoal Inlet, VA - Mar 1975

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	11:22	4.3	11:49	4.8	5:04	-0.8	5:20	-0.7	7:34	6:56	
2	Sun			12:11	3.9	5:59	-0.5	6:11	-0.5	7:33	6:57	
3	Mon	12:42	4.5	1:03	3.5	6:57	-0.2	7:05	-0.3	7:31	6:58	
4	Tue	1:39	4.2	1:59	3.1	7:58	0.1	8:02	0.0	7:30	6:59	
5	Wed	2:41	3.9	3:01	2.9	9:02	0.3	9:02	0.1	7:29	7:00	
6	Thu	3:50	3.7	4:07	2.8	10:09	0.5	10:04	0.2	7:27	7:01	
7	Fri	4:57	3.7	5:09	2.9	11:12	0.5	11:04	0.2	7:26	7:02	
8	Sat	5:52	3.8	6:01	3.1			12:05	0.4	7:24	7:03	
9	Sun	6:37	3.9	6:45	3.4			12:46	0.3	7:23	7:04	
10	Mon	7:17	4.0	7:26	3.6	12:45	0.0	1:21	0.2	7:21	7:05	
11	Tue	7:55	4.1	8:06	3.9	1:27	-0.1	1:54	0.1	7:20	7:06	
12	Wed	8:32	4.1	8:44	4.1	2:06	-0.2	2:27	0.0	7:18	7:07	
13	Thu	9:09	4.1	9:23	4.2	2:44	-0.2	3:01	0.0	7:17	7:07	
14	Fri	9:46	4.1	10:01	4.3	3:21	-0.2	3:35	0.0	7:16	7:08	
15	Sat	10:23	4.0	10:40	4.4	4:00	-0.1	4:10	0.1	7:14	7:09	
16	Sun	11:00	3.8	11:20	4.4	4:40	0.0	4:48	0.1	7:13	7:10	
17	Mon	11:39	3.7			5:23	0.2	5:28	0.2	7:11	7:11	
18	Tue	12:02	4.3	12:21	3.5	6:11	0.3	6:14	0.3	7:10	7:12	
19	Wed	12:49	4.3	1:09	3.4	7:04	0.4	7:07	0.3	7:08	7:13	
20	Thu	1:44	4.2	2:06	3.3	8:01	0.5	8:06	0.3	7:07	7:14	
21	Fri	2:46	4.2	3:11	3.3	9:02	0.5	9:09	0.2	7:05	7:15	
22	Sat	3:52	4.3	4:17	3.6	10:04	0.3	10:14	0.0	7:04	7:16	
23	Sun	4:56	4.5	5:20	3.9	11:04	0.1	11:18	-0.3	7:02	7:17	
24	Mon	5:55	4.7	6:18	4.3			12:00	-0.2	7:01	7:17	
25	Tue	6:50	4.8	7:12	4.7	12:20	-0.5	12:53	-0.5	6:59	7:18	
26	Wed	7:42	4.9	8:04	5.1	1:17	-0.8	1:42	-0.7	6:58	7:19	
27	Thu	8:33	4.8	8:56	5.3	2:11	-0.9	2:30	-0.8	6:56	7:20	
28	Fri	9:22	4.7	9:46	5.4	3:03	-1.0	3:16	-0.8	6:55	7:21	
29	Sat	10:11	4.4	10:35	5.2	3:55	-0.9	4:03	-0.7	6:53	7:22	
30	Sun	10:59	4.1	11:25	5.0	4:46	-0.6	4:51	-0.5	6:52	7:23	
31	Mon	11:48	3.8			5:39	-0.4	5:42	-0.3	6:50	7:24	