

Sand Shoal Inlet, VA - Jun 1975

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