

Sand Shoal Inlet, VA - Dec 1975

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