

Sand Shoal Inlet, VA - Jan 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:28	4.9	7:42	3.6	12:48	-0.7	1:43	-0.4	7:17	4:55	●
2	Fri	8:14	4.8	8:29	3.6	1:36	-0.7	2:26	-0.4	7:17	4:56	●
3	Sat	8:58	4.7	9:14	3.6	2:21	-0.6	3:09	-0.3	7:17	4:57	●
4	Sun	9:41	4.5	9:58	3.5	3:05	-0.5	3:50	-0.2	7:17	4:58	●
5	Mon	10:22	4.3	10:43	3.5	3:50	-0.3	4:31	-0.1	7:17	4:59	◐
6	Tue	11:04	4.0	11:28	3.4	4:36	0.0	5:13	0.0	7:17	4:59	◑
7	Wed	11:47	3.7			5:24	0.2	5:55	0.2	7:17	5:00	◑
8	Thu	12:15	3.4	12:32	3.4	6:14	0.4	6:39	0.3	7:17	5:01	◑
9	Fri	1:06	3.4	1:21	3.2	7:07	0.6	7:25	0.3	7:17	5:02	◑
10	Sat	2:01	3.5	2:15	3.0	8:02	0.6	8:13	0.3	7:17	5:03	◑
11	Sun	2:57	3.6	3:10	3.0	8:58	0.7	9:03	0.3	7:17	5:04	◑
12	Mon	3:52	3.8	4:04	3.1	9:55	0.6	9:55	0.1	7:17	5:05	◑
13	Tue	4:44	4.1	4:55	3.2	10:50	0.4	10:46	0.0	7:16	5:06	○
14	Wed	5:32	4.4	5:44	3.4	11:40	0.2	11:36	-0.2	7:16	5:07	○
15	Thu	6:19	4.7	6:32	3.6			12:28	0.0	7:16	5:08	○
16	Fri	7:05	4.9	7:20	3.8	12:24	-0.5	1:13	-0.2	7:15	5:09	○
17	Sat	7:51	5.1	8:08	4.0	1:12	-0.6	1:58	-0.4	7:15	5:10	○
18	Sun	8:37	5.2	8:56	4.1	2:00	-0.7	2:43	-0.5	7:15	5:11	○
19	Mon	9:24	5.1	9:45	4.2	2:48	-0.8	3:29	-0.6	7:14	5:12	○
20	Tue	10:11	4.9	10:35	4.3	3:39	-0.7	4:16	-0.6	7:14	5:13	○
21	Wed	10:59	4.6	11:28	4.3	4:34	-0.6	5:06	-0.6	7:13	5:14	○
22	Thu	11:49	4.2			5:31	-0.4	5:58	-0.5	7:13	5:15	○
23	Fri	12:24	4.2	12:44	3.8	6:32	-0.2	6:53	-0.4	7:12	5:16	○
24	Sat	1:26	4.2	1:44	3.4	7:37	0.0	7:50	-0.4	7:12	5:17	◐
25	Sun	2:32	4.1	2:49	3.2	8:44	0.1	8:50	-0.3	7:11	5:19	◐
26	Mon	3:39	4.2	3:54	3.1	9:52	0.1	9:51	-0.4	7:11	5:20	◐
27	Tue	4:41	4.3	4:55	3.1	10:57	0.0	10:50	-0.4	7:10	5:21	◑
28	Wed	5:37	4.4	5:49	3.2	11:54	-0.1	11:45	-0.5	7:09	5:22	◑
29	Thu	6:27	4.4	6:38	3.4			12:42	-0.2	7:08	5:23	◑
30	Fri	7:12	4.5	7:24	3.5	12:34	-0.6	1:24	-0.3	7:08	5:24	◑
31	Sat	7:55	4.5	8:07	3.6	1:20	-0.6	2:03	-0.3	7:07	5:25	●