

Sand Shoal Inlet, VA - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:08	4.2	8:22	4.0	1:42	-0.4	2:07	-0.2	6:33	5:57	
2	Tue	8:46	4.1	9:01	4.1	2:20	-0.4	2:41	-0.1	6:32	5:58	
3	Wed	9:23	4.0	9:40	4.1	2:59	-0.2	3:15	-0.1	6:30	5:59	
4	Thu	10:01	3.8	10:19	4.1	3:38	-0.1	3:51	0.1	6:29	6:00	
5	Fri	10:39	3.6	11:00	4.0	4:19	0.1	4:30	0.2	6:28	6:01	
6	Sat	11:18	3.4	11:44	3.9	5:03	0.3	5:11	0.3	6:26	6:02	
7	Sun			12:01	3.3	5:50	0.5	5:57	0.4	6:25	6:03	
8	Mon	12:32	3.8	12:51	3.1	6:42	0.6	6:48	0.5	6:23	6:03	
9	Tue	1:28	3.8	1:48	3.1	7:38	0.7	7:44	0.4	6:22	6:04	
10	Wed	2:29	3.9	2:49	3.2	8:37	0.6	8:44	0.3	6:20	6:05	
11	Thu	3:30	4.1	3:50	3.4	9:36	0.5	9:44	0.1	6:19	6:06	
12	Fri	4:27	4.4	4:47	3.8	10:32	0.2	10:44	-0.2	6:17	6:07	
13	Sat	5:21	4.7	5:40	4.2	11:25	-0.1	11:40	-0.5	6:16	6:08	
14	Sun	6:12	4.9	6:32	4.6			12:15	-0.4	6:14	6:09	
15	Mon	7:02	5.0	7:23	5.0	12:34	-0.8	1:03	-0.6	6:13	6:10	
16	Tue	7:52	5.0	8:14	5.2	1:27	-0.9	1:50	-0.8	6:11	6:11	
17	Wed	8:41	4.9	9:05	5.3	2:18	-1.0	2:37	-0.9	6:10	6:12	
18	Thu	9:30	4.7	9:56	5.3	3:11	-0.9	3:25	-0.8	6:08	6:13	
19	Fri	10:20	4.3	10:48	5.1	4:05	-0.7	4:16	-0.7	6:07	6:14	
20	Sat	11:12	4.0	11:43	4.8	5:01	-0.5	5:10	-0.4	6:05	6:15	
21	Sun			12:07	3.6	6:01	-0.2	6:07	-0.2	6:04	6:15	
22	Mon	12:42	4.4	1:07	3.3	7:03	0.1	7:09	0.0	6:02	6:16	
23	Tue	1:48	4.1	2:14	3.2	8:08	0.2	8:13	0.1	6:01	6:17	
24	Wed	2:58	3.9	3:23	3.2	9:13	0.3	9:18	0.2	5:59	6:18	
25	Thu	4:04	3.9	4:25	3.3	10:14	0.3	10:20	0.1	5:58	6:19	
26	Fri	4:59	3.9	5:15	3.5	11:05	0.3	11:15	0.1	5:56	6:20	
27	Sat	5:44	3.9	5:57	3.8	11:47	0.2			5:55	6:21	
28	Sun	6:23	4.0	6:37	4.0	12:01	0.0	12:24	0.1	5:53	6:22	
29	Mon	7:01	4.0	7:15	4.2	12:42	-0.1	12:58	0.0	5:52	6:23	
30	Tue	7:39	4.0	7:54	4.4	1:20	-0.1	1:31	0.0	5:50	6:24	
31	Wed	8:16	4.0	8:32	4.5	1:58	-0.1	2:05	0.0	5:49	6:24	