

Sand Shoal Inlet, VA - May 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:05	3.8	10:24	4.8	3:51	0.2	3:47	0.2	6:07	7:52	☀
2	Sun	10:45	3.7	11:05	4.7	4:31	0.2	4:27	0.3	6:06	7:53	☀
3	Mon	11:27	3.6	11:48	4.6	5:14	0.3	5:10	0.4	6:05	7:54	☀
4	Tue			12:11	3.6	6:00	0.4	5:58	0.5	6:04	7:55	☀
5	Wed	12:34	4.5	1:00	3.6	6:50	0.5	6:52	0.5	6:03	7:56	☀
6	Thu	1:25	4.4	1:55	3.6	7:42	0.5	7:51	0.5	6:02	7:57	☀
7	Fri	2:21	4.3	2:55	3.8	8:36	0.4	8:54	0.4	6:01	7:58	☀
8	Sat	3:22	4.3	3:58	4.1	9:31	0.2	9:57	0.3	6:00	7:58	☀
9	Sun	4:23	4.3	4:57	4.6	10:26	0.0	11:00	0.0	5:59	7:59	☀
10	Mon	5:21	4.4	5:54	5.0	11:21	-0.2			5:58	8:00	☀
11	Tue	6:17	4.4	6:48	5.4	12:02	-0.2	12:15	-0.4	5:57	8:01	☀
12	Wed	7:11	4.4	7:41	5.6	1:00	-0.4	1:07	-0.6	5:56	8:02	☀
13	Thu	8:05	4.4	8:34	5.8	1:56	-0.6	1:58	-0.7	5:55	8:03	☀
14	Fri	8:57	4.3	9:26	5.7	2:48	-0.7	2:49	-0.7	5:54	8:04	☀
15	Sat	9:50	4.2	10:17	5.6	3:40	-0.6	3:39	-0.6	5:53	8:04	☀
16	Sun	10:41	4.0	11:09	5.3	4:32	-0.5	4:31	-0.5	5:53	8:05	☀
17	Mon	11:33	3.9			5:25	-0.3	5:25	-0.2	5:52	8:06	☀
18	Tue	12:00	4.9	12:26	3.7	6:19	-0.1	6:21	0.0	5:51	8:07	☀
19	Wed	12:51	4.5	1:21	3.6	7:13	0.1	7:19	0.3	5:50	8:08	☀
20	Thu	1:45	4.1	2:19	3.5	8:06	0.3	8:19	0.5	5:50	8:09	☀
21	Fri	2:41	3.8	3:19	3.5	8:57	0.4	9:18	0.6	5:49	8:09	☀
22	Sat	3:38	3.6	4:16	3.7	9:45	0.4	10:17	0.6	5:48	8:10	☀
23	Sun	4:32	3.5	5:07	3.9	10:31	0.5	11:12	0.6	5:48	8:11	☀
24	Mon	5:22	3.5	5:52	4.1	11:15	0.4			5:47	8:12	☀
25	Tue	6:07	3.5	6:35	4.4	12:03	0.5	11:58 AM	0.4	5:46	8:13	☀
26	Wed	6:51	3.6	7:16	4.6	12:48	0.4	12:40	0.3	5:46	8:13	☀
27	Thu	7:33	3.6	7:57	4.8	1:29	0.3	1:20	0.2	5:45	8:14	☀
28	Fri	8:15	3.7	8:39	4.9	2:09	0.3	2:00	0.2	5:45	8:15	☀
29	Sat	8:57	3.7	9:20	5.0	2:48	0.2	2:40	0.1	5:45	8:15	☀
30	Sun	9:39	3.8	10:01	5.0	3:29	0.2	3:21	0.1	5:44	8:16	☀
31	Mon	10:22	3.8	10:44	5.0	4:10	0.2	4:04	0.2	5:44	8:17	☀