

Sand Shoal Inlet, VA - Jun 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	11:06	3.8	11:27	4.9	4:53	0.2	4:49	0.2	5:43	8:18	
2	Wed	11:51	3.8			5:39	0.2	5:39	0.3	5:43	8:18	
3	Thu	12:12	4.8	12:40	3.9	6:27	0.2	6:34	0.4	5:43	8:19	
4	Fri	1:01	4.6	1:35	4.0	7:17	0.2	7:33	0.4	5:42	8:19	
5	Sat	1:55	4.4	2:33	4.1	8:09	0.1	8:35	0.4	5:42	8:20	
6	Sun	2:54	4.2	3:35	4.4	9:03	0.0	9:39	0.3	5:42	8:21	
7	Mon	3:55	4.1	4:36	4.7	9:57	-0.1	10:43	0.1	5:42	8:21	
8	Tue	4:55	4.0	5:34	5.1	10:53	-0.3	11:46	-0.1	5:42	8:22	
9	Wed	5:54	4.0	6:30	5.3	11:49	-0.4			5:42	8:22	
10	Thu	6:50	4.0	7:24	5.5	12:46	-0.2	12:44	-0.5	5:41	8:23	
11	Fri	7:44	4.0	8:17	5.6	1:42	-0.4	1:38	-0.6	5:41	8:23	
12	Sat	8:38	4.0	9:08	5.5	2:34	-0.5	2:29	-0.6	5:41	8:24	
13	Sun	9:30	4.0	9:58	5.4	3:24	-0.5	3:20	-0.6	5:41	8:24	
14	Mon	10:21	3.9	10:47	5.1	4:13	-0.4	4:10	-0.4	5:41	8:24	
15	Tue	11:10	3.9	11:34	4.8	5:01	-0.3	5:01	-0.2	5:41	8:25	
16	Wed			12:00	3.8	5:50	-0.1	5:53	0.1	5:41	8:25	
17	Thu	12:21	4.4	12:50	3.7	6:37	0.1	6:47	0.3	5:42	8:25	
18	Fri	1:08	4.1	1:41	3.7	7:24	0.2	7:42	0.5	5:42	8:26	
19	Sat	1:57	3.7	2:35	3.7	8:10	0.4	8:38	0.7	5:42	8:26	
20	Sun	2:49	3.5	3:30	3.8	8:56	0.4	9:34	0.8	5:42	8:26	
21	Mon	3:43	3.3	4:24	3.9	9:41	0.5	10:29	0.8	5:42	8:26	
22	Tue	4:36	3.3	5:14	4.1	10:28	0.5	11:23	0.7	5:43	8:27	
23	Wed	5:26	3.3	6:01	4.4	11:15	0.4			5:43	8:27	
24	Thu	6:14	3.4	6:46	4.6	12:13	0.6	12:02	0.3	5:43	8:27	
25	Fri	7:00	3.5	7:29	4.8	12:58	0.5	12:47	0.2	5:43	8:27	
26	Sat	7:45	3.7	8:13	5.0	1:41	0.4	1:32	0.1	5:44	8:27	
27	Sun	8:29	3.8	8:56	5.1	2:23	0.2	2:15	0.0	5:44	8:27	
28	Mon	9:14	3.9	9:39	5.2	3:05	0.1	2:59	0.0	5:45	8:27	
29	Tue	9:59	4.0	10:22	5.2	3:47	0.1	3:44	0.0	5:45	8:27	
30	Wed	10:44	4.1	11:06	5.1	4:30	0.0	4:31	0.0	5:45	8:27	