

Sand Shoal Inlet, VA - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:31	4.2	11:52	4.9	5:15	0.0	5:22	0.1	5:46	8:27	
2	Fri			12:21	4.3	6:02	0.0	6:18	0.2	5:46	8:27	
3	Sat	12:40	4.6	1:14	4.4	6:52	0.0	7:17	0.3	5:47	8:27	
4	Sun	1:32	4.3	2:12	4.5	7:43	0.0	8:19	0.3	5:47	8:27	
5	Mon	2:30	4.0	3:14	4.6	8:37	-0.1	9:23	0.3	5:48	8:27	
6	Tue	3:31	3.8	4:17	4.8	9:33	-0.1	10:28	0.2	5:48	8:26	
7	Wed	4:34	3.7	5:18	5.0	10:32	-0.2	11:33	0.1	5:49	8:26	
8	Thu	5:35	3.7	6:16	5.2	11:30	-0.3			5:50	8:26	
9	Fri	6:33	3.7	7:10	5.3	12:34	0.0	12:27	-0.4	5:50	8:25	
10	Sat	7:27	3.8	8:02	5.3	1:29	-0.2	1:22	-0.5	5:51	8:25	
11	Sun	8:20	3.9	8:51	5.3	2:19	-0.3	2:13	-0.5	5:51	8:25	
12	Mon	9:10	4.0	9:38	5.1	3:05	-0.3	3:01	-0.4	5:52	8:24	
13	Tue	9:57	4.0	10:22	4.9	3:49	-0.3	3:49	-0.3	5:53	8:24	
14	Wed	10:44	4.0	11:06	4.7	4:32	-0.2	4:36	-0.1	5:53	8:23	
15	Thu	11:29	4.0	11:48	4.4	5:14	0.0	5:23	0.1	5:54	8:23	
16	Fri			12:14	3.9	5:57	0.1	6:12	0.4	5:55	8:22	
17	Sat	12:31	4.0	1:01	3.9	6:39	0.3	7:03	0.6	5:56	8:22	
18	Sun	1:16	3.7	1:50	3.9	7:22	0.4	7:55	0.8	5:56	8:21	
19	Mon	2:04	3.5	2:44	3.9	8:07	0.5	8:49	0.9	5:57	8:21	
20	Tue	2:56	3.3	3:39	4.0	8:55	0.6	9:45	0.9	5:58	8:20	
21	Wed	3:51	3.2	4:34	4.1	9:44	0.6	10:40	0.9	5:59	8:19	
22	Thu	4:46	3.3	5:26	4.4	10:35	0.5	11:34	0.8	5:59	8:19	
23	Fri	5:38	3.4	6:14	4.6	11:26	0.4			6:00	8:18	
24	Sat	6:28	3.6	7:01	4.9	12:24	0.6	12:16	0.3	6:01	8:17	
25	Sun	7:15	3.8	7:46	5.1	1:11	0.4	1:05	0.1	6:02	8:16	
26	Mon	8:02	4.0	8:30	5.3	1:55	0.2	1:52	-0.1	6:02	8:16	
27	Tue	8:48	4.3	9:15	5.4	2:37	0.1	2:38	-0.2	6:03	8:15	
28	Wed	9:35	4.5	9:59	5.3	3:20	-0.1	3:26	-0.2	6:04	8:14	
29	Thu	10:22	4.6	10:45	5.2	4:04	-0.2	4:15	-0.2	6:05	8:13	
30	Fri	11:10	4.7	11:31	4.9	4:49	-0.2	5:07	-0.1	6:06	8:12	
31	Sat			12:01	4.8	5:36	-0.2	6:02	0.0	6:07	8:11	