

Sand Shoal Inlet, VA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:20	4.6	12:54	4.8	6:26	-0.1	7:02	0.2	6:07	8:10	
2	Mon	1:12	4.2	1:52	4.8	7:19	-0.1	8:04	0.3	6:08	8:09	
3	Tue	2:10	3.9	2:55	4.7	8:15	0.0	9:09	0.4	6:09	8:08	
4	Wed	3:13	3.7	4:01	4.8	9:14	0.0	10:16	0.4	6:10	8:07	
5	Thu	4:19	3.6	5:06	4.8	10:15	0.0	11:22	0.3	6:11	8:06	
6	Fri	5:23	3.6	6:05	4.9	11:17	-0.1			6:12	8:05	
7	Sat	6:21	3.7	6:58	5.0	12:22	0.2	12:15	-0.2	6:12	8:04	
8	Sun	7:13	3.9	7:46	5.0	1:14	0.1	1:09	-0.2	6:13	8:03	
9	Mon	8:02	4.0	8:31	5.0	2:00	0.0	1:58	-0.3	6:14	8:02	
10	Tue	8:48	4.2	9:14	4.9	2:42	-0.1	2:43	-0.2	6:15	8:01	
11	Wed	9:32	4.2	9:55	4.8	3:20	-0.1	3:27	-0.1	6:16	8:00	
12	Thu	10:14	4.3	10:35	4.6	3:58	0.0	4:10	0.0	6:17	7:58	
13	Fri	10:56	4.3	11:15	4.3	4:36	0.1	4:53	0.2	6:17	7:57	
14	Sat	11:38	4.3	11:55	4.0	5:14	0.3	5:37	0.5	6:18	7:56	
15	Sun			12:22	4.2	5:54	0.4	6:24	0.7	6:19	7:55	
16	Mon	12:37	3.8	1:08	4.1	6:36	0.6	7:14	0.9	6:20	7:54	
17	Tue	1:23	3.6	1:59	4.1	7:22	0.7	8:07	1.0	6:21	7:52	
18	Wed	2:13	3.4	2:55	4.1	8:11	0.8	9:02	1.1	6:22	7:51	
19	Thu	3:10	3.3	3:53	4.2	9:03	0.8	9:59	1.1	6:23	7:50	
20	Fri	4:08	3.4	4:49	4.4	9:58	0.7	10:55	0.9	6:23	7:48	
21	Sat	5:04	3.6	5:41	4.7	10:53	0.6	11:48	0.7	6:24	7:47	
22	Sun	5:57	3.8	6:30	5.0	11:47	0.3			6:25	7:46	
23	Mon	6:46	4.2	7:17	5.2	12:37	0.5	12:39	0.1	6:26	7:44	
24	Tue	7:35	4.5	8:03	5.4	1:23	0.2	1:30	-0.1	6:27	7:43	
25	Wed	8:22	4.8	8:49	5.5	2:07	0.0	2:19	-0.3	6:28	7:42	
26	Thu	9:11	5.1	9:35	5.4	2:51	-0.2	3:08	-0.4	6:28	7:40	
27	Fri	9:59	5.3	10:22	5.2	3:35	-0.3	3:59	-0.3	6:29	7:39	
28	Sat	10:49	5.4	11:11	4.9	4:21	-0.3	4:51	-0.2	6:30	7:37	
29	Sun	11:40	5.3			5:10	-0.3	5:47	0.0	6:31	7:36	
30	Mon	12:01	4.6	12:34	5.2	6:01	-0.2	6:47	0.2	6:32	7:34	
31	Tue	12:54	4.2	1:33	5.0	6:57	0.0	7:50	0.4	6:33	7:33	