

Sand Shoal Inlet, VA - Sep 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	1:53	3.9	2:37	4.8	7:56	0.1	8:56	0.5	6:33	7:32	
2	Thu	2:59	3.6	3:46	4.7	8:58	0.2	10:04	0.5	6:34	7:30	
3	Fri	4:08	3.6	4:53	4.7	10:03	0.2	11:09	0.5	6:35	7:29	
4	Sat	5:14	3.7	5:52	4.7	11:06	0.2			6:36	7:27	
5	Sun	6:10	3.8	6:43	4.8	12:06	0.4	12:04	0.1	6:37	7:26	
6	Mon	6:59	4.1	7:27	4.8	12:54	0.3	12:56	0.1	6:37	7:24	
7	Tue	7:43	4.3	8:08	4.7	1:35	0.2	1:42	0.0	6:38	7:23	
8	Wed	8:24	4.4	8:47	4.7	2:13	0.1	2:25	0.0	6:39	7:21	
9	Thu	9:05	4.6	9:25	4.6	2:48	0.1	3:05	0.1	6:40	7:20	
10	Fri	9:44	4.7	10:04	4.4	3:22	0.2	3:44	0.2	6:41	7:18	
11	Sat	10:24	4.7	10:43	4.3	3:58	0.3	4:24	0.3	6:42	7:17	
12	Sun	11:04	4.6	11:22	4.0	4:34	0.4	5:06	0.5	6:42	7:15	
13	Mon	11:46	4.5			5:13	0.6	5:50	0.8	6:43	7:14	
14	Tue	12:03	3.8	12:30	4.4	5:54	0.7	6:38	0.9	6:44	7:12	
15	Wed	12:47	3.6	1:18	4.3	6:40	0.8	7:30	1.1	6:45	7:10	
16	Thu	1:36	3.5	2:12	4.3	7:31	0.9	8:25	1.1	6:46	7:09	
17	Fri	2:32	3.5	3:11	4.3	8:26	0.9	9:21	1.1	6:47	7:07	
18	Sat	3:32	3.5	4:10	4.5	9:24	0.8	10:17	1.0	6:47	7:06	
19	Sun	4:32	3.8	5:06	4.7	10:22	0.7	11:11	0.7	6:48	7:04	
20	Mon	5:27	4.1	5:57	5.0	11:20	0.4			6:49	7:03	
21	Tue	6:19	4.6	6:46	5.2	12:01	0.4	12:15	0.1	6:50	7:01	
22	Wed	7:08	5.0	7:35	5.3	12:49	0.1	1:09	-0.1	6:51	7:00	
23	Thu	7:58	5.4	8:23	5.4	1:36	-0.1	2:00	-0.3	6:52	6:58	
24	Fri	8:47	5.7	9:11	5.3	2:21	-0.4	2:51	-0.4	6:52	6:57	
25	Sat	9:37	5.8	10:00	5.1	3:08	-0.5	3:43	-0.4	6:53	6:55	
26	Sun	10:28	5.9	10:50	4.8	3:55	-0.4	4:36	-0.3	6:54	6:54	
27	Mon	11:20	5.7	11:42	4.5	4:45	-0.3	5:32	-0.1	6:55	6:52	
28	Tue			12:15	5.5	5:38	-0.2	6:32	0.2	6:56	6:51	
29	Wed	12:37	4.1	1:14	5.1	6:36	0.1	7:35	0.4	6:57	6:49	
30	Thu	1:37	3.8	2:17	4.8	7:38	0.3	8:40	0.5	6:57	6:47	