

Sand Shoal Inlet, VA - Oct 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	2:44	3.7	3:26	4.6	8:43	0.4	9:46	0.6	6:58	6:46	
2	Sat	3:56	3.6	4:34	4.5	9:49	0.4	10:47	0.5	6:59	6:44	
3	Sun	5:02	3.8	5:32	4.4	10:53	0.4	11:41	0.5	7:00	6:43	
4	Mon	5:56	4.0	6:20	4.4	11:51	0.4			7:01	6:41	
5	Tue	6:40	4.2	7:01	4.4	12:25	0.4	12:41	0.3	7:02	6:40	
6	Wed	7:20	4.5	7:40	4.4	1:04	0.3	1:25	0.2	7:03	6:39	
7	Thu	7:59	4.7	8:18	4.4	1:39	0.3	2:04	0.2	7:04	6:37	
8	Fri	8:37	4.8	8:56	4.3	2:13	0.2	2:42	0.2	7:04	6:36	
9	Sat	9:16	4.9	9:34	4.2	2:48	0.3	3:20	0.3	7:05	6:34	
10	Sun	9:55	4.9	10:13	4.1	3:23	0.3	3:58	0.4	7:06	6:33	
11	Mon	10:35	4.8	10:52	4.0	3:59	0.4	4:39	0.6	7:07	6:31	
12	Tue	11:15	4.8	11:33	3.8	4:37	0.6	5:21	0.7	7:08	6:30	
13	Wed	11:58	4.6			5:18	0.7	6:08	0.9	7:09	6:29	
14	Thu	12:16	3.7	12:44	4.5	6:04	0.8	6:58	1.0	7:10	6:27	
15	Fri	1:04	3.6	1:35	4.4	6:56	0.9	7:51	1.0	7:11	6:26	
16	Sat	1:59	3.6	2:31	4.4	7:53	0.9	8:45	0.9	7:12	6:24	
17	Sun	2:59	3.7	3:31	4.5	8:52	0.8	9:40	0.8	7:13	6:23	
18	Mon	4:00	4.0	4:29	4.6	9:53	0.7	10:34	0.5	7:14	6:22	
19	Tue	4:58	4.4	5:24	4.8	10:54	0.4	11:26	0.3	7:15	6:20	
20	Wed	5:52	4.8	6:16	4.9	11:53	0.1			7:16	6:19	
21	Thu	6:44	5.3	7:07	5.0	12:16	-0.1	12:49	-0.2	7:17	6:18	
22	Fri	7:35	5.7	7:57	5.0	1:06	-0.3	1:43	-0.4	7:18	6:17	
23	Sat	8:25	6.0	8:48	4.9	1:54	-0.5	2:35	-0.5	7:19	6:15	
24	Sun	9:17	6.1	9:39	4.8	2:42	-0.6	3:27	-0.5	7:20	6:14	
25	Mon	10:09	6.0	10:31	4.5	3:32	-0.6	4:21	-0.4	7:21	6:13	
26	Tue	11:02	5.8	11:24	4.3	4:23	-0.5	5:16	-0.2	7:22	6:12	
27	Wed	11:56	5.5			5:17	-0.3	6:14	0.0	7:23	6:10	
28	Thu	12:20	4.0	12:53	5.1	6:16	0.0	7:15	0.2	7:24	6:09	
29	Fri	1:19	3.8	1:53	4.7	7:18	0.2	8:17	0.4	7:25	6:08	
30	Sat	2:24	3.6	2:57	4.3	8:22	0.4	9:17	0.4	7:26	6:07	
31	Sun	2:33	3.6	3:01	4.1	8:28	0.5	9:13	0.5	6:27	5:06	