

Sand Shoal Inlet, VA - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:38	3.8	3:59	4.0	9:31	0.5	10:04	0.4	6:28	5:05	
2	Tue	4:31	4.0	4:47	4.0	10:29	0.5	10:48	0.4	6:29	5:04	
3	Wed	5:15	4.2	5:29	3.9	11:20	0.4	11:27	0.3	6:30	5:03	
4	Thu	5:54	4.4	6:08	4.0			12:03	0.4	6:31	5:02	
5	Fri	6:32	4.6	6:47	4.0	12:04	0.3	12:42	0.3	6:32	5:01	
6	Sat	7:11	4.8	7:26	4.0	12:40	0.2	1:20	0.3	6:33	5:00	
7	Sun	7:50	4.9	8:06	3.9	1:16	0.2	1:57	0.3	6:34	4:59	
8	Mon	8:29	4.9	8:46	3.9	1:52	0.2	2:35	0.3	6:35	4:58	
9	Tue	9:09	4.9	9:26	3.8	2:30	0.3	3:15	0.4	6:36	4:57	
10	Wed	9:50	4.8	10:07	3.7	3:09	0.4	3:57	0.5	6:37	4:56	
11	Thu	10:31	4.7	10:50	3.6	3:50	0.5	4:41	0.6	6:38	4:55	
12	Fri	11:15	4.6	11:37	3.6	4:36	0.6	5:29	0.7	6:39	4:55	
13	Sat			12:03	4.5	5:27	0.7	6:20	0.7	6:40	4:54	
14	Sun	12:30	3.6	12:56	4.4	6:24	0.7	7:12	0.6	6:41	4:53	
15	Mon	1:29	3.8	1:54	4.3	7:25	0.6	8:05	0.4	6:42	4:52	
16	Tue	2:30	4.0	2:53	4.3	8:27	0.5	8:59	0.2	6:43	4:52	
17	Wed	3:30	4.4	3:52	4.4	9:30	0.3	9:53	0.0	6:44	4:51	
18	Thu	4:27	4.9	4:47	4.4	10:32	0.0	10:46	-0.3	6:45	4:50	
19	Fri	5:21	5.3	5:41	4.5	11:31	-0.2	11:39	-0.5	6:46	4:50	
20	Sat	6:14	5.7	6:34	4.5			12:27	-0.4	6:47	4:49	
21	Sun	7:07	5.9	7:27	4.4	12:30	-0.7	1:20	-0.6	6:48	4:49	
22	Mon	7:59	5.9	8:20	4.3	1:21	-0.8	2:13	-0.6	6:49	4:48	
23	Tue	8:52	5.8	9:12	4.2	2:12	-0.8	3:05	-0.5	6:51	4:48	
24	Wed	9:44	5.6	10:05	4.0	3:04	-0.7	3:58	-0.4	6:52	4:47	
25	Thu	10:36	5.2	10:59	3.8	3:57	-0.5	4:53	-0.2	6:53	4:47	
26	Fri	11:28	4.8	11:55	3.7	4:54	-0.2	5:48	0.0	6:54	4:47	
27	Sat			12:22	4.4	5:53	0.1	6:44	0.1	6:55	4:46	
28	Sun	12:54	3.5	1:19	4.0	6:54	0.3	7:38	0.2	6:55	4:46	
29	Mon	1:57	3.5	2:17	3.7	7:56	0.5	8:29	0.3	6:56	4:46	
30	Tue	2:59	3.6	3:14	3.5	8:58	0.6	9:18	0.3	6:57	4:46	