

Sand Shoal Inlet, VA - Dec 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:54	3.8	4:05	3.4	9:57	0.6	10:03	0.3	6:58	4:45	
2	Thu	4:41	4.0	4:52	3.4	10:50	0.5	10:46	0.3	6:59	4:45	
3	Fri	5:24	4.2	5:35	3.5	11:36	0.4	11:28	0.2	7:00	4:45	
4	Sat	6:05	4.4	6:17	3.5			12:17	0.3	7:01	4:45	
5	Sun	6:45	4.6	6:58	3.6	12:08	0.1	12:56	0.3	7:02	4:45	
6	Mon	7:26	4.7	7:40	3.6	12:47	0.0	1:35	0.2	7:03	4:45	
7	Tue	8:06	4.8	8:21	3.6	1:26	0.0	2:13	0.2	7:04	4:45	
8	Wed	8:47	4.8	9:02	3.6	2:05	0.0	2:53	0.2	7:04	4:45	
9	Thu	9:27	4.8	9:44	3.6	2:46	0.0	3:34	0.2	7:05	4:45	
10	Fri	10:08	4.7	10:28	3.6	3:28	0.1	4:17	0.2	7:06	4:45	
11	Sat	10:51	4.6	11:14	3.6	4:14	0.2	5:02	0.2	7:07	4:45	
12	Sun	11:36	4.4			5:05	0.3	5:50	0.2	7:08	4:46	
13	Mon	12:05	3.7	12:26	4.2	6:01	0.3	6:40	0.1	7:08	4:46	
14	Tue	1:01	3.9	1:21	4.1	7:02	0.3	7:33	0.0	7:09	4:46	
15	Wed	2:02	4.1	2:21	3.9	8:05	0.3	8:27	-0.1	7:10	4:46	
16	Thu	3:04	4.4	3:23	3.8	9:09	0.2	9:23	-0.3	7:10	4:47	
17	Fri	4:04	4.7	4:22	3.8	10:13	0.0	10:20	-0.5	7:11	4:47	
18	Sat	5:02	5.1	5:20	3.9	11:15	-0.2	11:16	-0.7	7:12	4:47	
19	Sun	5:58	5.3	6:15	3.9			12:13	-0.4	7:12	4:48	
20	Mon	6:51	5.5	7:09	4.0	12:11	-0.9	1:07	-0.6	7:13	4:48	
21	Tue	7:44	5.5	8:02	4.0	1:04	-1.0	1:58	-0.7	7:13	4:49	
22	Wed	8:35	5.4	8:54	3.9	1:55	-1.0	2:48	-0.6	7:14	4:49	
23	Thu	9:25	5.2	9:45	3.9	2:46	-0.9	3:37	-0.6	7:14	4:50	
24	Fri	10:13	4.9	10:35	3.7	3:37	-0.7	4:26	-0.4	7:15	4:50	
25	Sat	11:01	4.5	11:26	3.6	4:30	-0.4	5:15	-0.2	7:15	4:51	
26	Sun	11:48	4.0			5:24	-0.1	6:03	-0.1	7:15	4:52	
27	Mon	12:18	3.5	12:37	3.7	6:20	0.2	6:52	0.1	7:16	4:52	
28	Tue	1:13	3.4	1:29	3.3	7:17	0.4	7:40	0.2	7:16	4:53	
29	Wed	2:10	3.4	2:24	3.1	8:15	0.5	8:27	0.3	7:16	4:54	
30	Thu	3:08	3.5	3:19	3.0	9:13	0.6	9:16	0.3	7:16	4:54	
31	Fri	4:02	3.7	4:11	3.0	10:10	0.6			7:17	4:55	