

Sand Shoal Inlet, VA - Jan 1977

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:52	3.9	5:01	3.1	11:01	0.5	10:53	0.1	7:17	4:56	
2	Sun	5:37	4.2	5:46	3.2	11:47	0.3	11:38	0.0	7:17	4:57	
3	Mon	6:20	4.4	6:30	3.4			12:29	0.2	7:17	4:58	
4	Tue	7:02	4.6	7:14	3.5	12:21	-0.1	1:10	0.1	7:17	4:58	
5	Wed	7:43	4.7	7:56	3.6	1:03	-0.2	1:49	0.0	7:17	4:59	
6	Thu	8:24	4.8	8:39	3.7	1:44	-0.3	2:29	-0.1	7:17	5:00	
7	Fri	9:05	4.8	9:22	3.8	2:26	-0.3	3:10	-0.1	7:17	5:01	
8	Sat	9:47	4.7	10:06	3.8	3:10	-0.3	3:52	-0.2	7:17	5:02	
9	Sun	10:29	4.6	10:53	3.9	3:56	-0.2	4:36	-0.2	7:17	5:03	
10	Mon	11:14	4.4	11:42	3.9	4:47	-0.1	5:23	-0.2	7:17	5:04	
11	Tue			12:03	4.1	5:43	0.0	6:14	-0.2	7:17	5:05	
12	Wed	12:37	4.0	12:57	3.8	6:43	0.1	7:07	-0.2	7:16	5:06	
13	Thu	1:38	4.1	1:57	3.6	7:46	0.1	8:03	-0.3	7:16	5:07	
14	Fri	2:42	4.2	3:01	3.5	8:51	0.1	9:02	-0.4	7:16	5:08	
15	Sat	3:47	4.5	4:04	3.4	9:57	-0.1	10:02	-0.5	7:16	5:09	
16	Sun	4:48	4.7	5:05	3.5	11:01	-0.2	11:02	-0.7	7:15	5:10	
17	Mon	5:45	4.9	6:01	3.6			12:00	-0.4	7:15	5:11	
18	Tue	6:39	5.0	6:55	3.7			12:53	-0.6	7:14	5:12	
19	Wed	7:30	5.0	7:47	3.8	12:52	-1.0	1:42	-0.7	7:14	5:13	
20	Thu	8:19	5.0	8:36	3.9	1:42	-1.0	2:28	-0.7	7:14	5:14	
21	Fri	9:05	4.8	9:23	3.9	2:30	-0.9	3:12	-0.6	7:13	5:15	
22	Sat	9:49	4.5	10:09	3.8	3:18	-0.7	3:56	-0.5	7:13	5:16	
23	Sun	10:32	4.2	10:55	3.7	4:06	-0.5	4:39	-0.3	7:12	5:17	
24	Mon	11:15	3.9	11:41	3.6	4:54	-0.2	5:23	-0.2	7:11	5:18	
25	Tue			12:00	3.5	5:44	0.1	6:07	0.0	7:11	5:19	
26	Wed	12:30	3.5	12:47	3.2	6:36	0.3	6:53	0.2	7:10	5:20	
27	Thu	1:23	3.4	1:38	3.0	7:30	0.5	7:41	0.3	7:09	5:22	
28	Fri	2:20	3.4	2:34	2.9	8:26	0.6	8:32	0.3	7:09	5:23	
29	Sat	3:19	3.5	3:31	2.9	9:24	0.6	9:24	0.2	7:08	5:24	
30	Sun	4:14	3.7	4:24	3.0	10:20	0.6	10:16	0.1	7:07	5:25	
31	Mon	5:04	4.0	5:14	3.2	11:11	0.4	11:06	0.0	7:06	5:26	