

## Sand Shoal Inlet, VA - Mar 1978

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|-------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise                                                                                | Set  | Moon                                                                                  |
| 1    | Wed | 12:10 | 4.4 | 12:32 | 3.6 | 6:23  | 0.1  | 6:36  | -0.1 | 6:34                                                                                | 5:56 |    |
| 2    | Thu | 1:10  | 4.3 | 1:33  | 3.4 | 7:25  | 0.2  | 7:36  | -0.1 | 6:32                                                                                | 5:57 |    |
| 3    | Fri | 2:15  | 4.3 | 2:39  | 3.4 | 8:30  | 0.2  | 8:39  | -0.2 | 6:31                                                                                | 5:58 |    |
| 4    | Sat | 3:23  | 4.4 | 3:46  | 3.5 | 9:36  | 0.1  | 9:44  | -0.3 | 6:30                                                                                | 5:59 |    |
| 5    | Sun | 4:27  | 4.5 | 4:49  | 3.7 | 10:39 | -0.1 | 10:47 | -0.5 | 6:28                                                                                | 6:00 |    |
| 6    | Mon | 5:26  | 4.7 | 5:46  | 4.0 | 11:37 | -0.3 | 11:46 | -0.7 | 6:27                                                                                | 6:01 |    |
| 7    | Tue | 6:20  | 4.8 | 6:39  | 4.2 |       |      | 12:28 | -0.5 | 6:25                                                                                | 6:02 |    |
| 8    | Wed | 7:11  | 4.8 | 7:29  | 4.4 | 12:41 | -0.9 | 1:15  | -0.7 | 6:24                                                                                | 6:03 |    |
| 9    | Thu | 7:59  | 4.7 | 8:17  | 4.5 | 1:31  | -0.9 | 2:00  | -0.7 | 6:22                                                                                | 6:04 |    |
| 10   | Fri | 8:44  | 4.6 | 9:03  | 4.6 | 2:19  | -0.9 | 2:42  | -0.6 | 6:21                                                                                | 6:05 |    |
| 11   | Sat | 9:28  | 4.3 | 9:48  | 4.5 | 3:06  | -0.7 | 3:25  | -0.5 | 6:20                                                                                | 6:06 |    |
| 12   | Sun | 10:11 | 4.0 | 10:32 | 4.3 | 3:53  | -0.5 | 4:07  | -0.3 | 6:18                                                                                | 6:07 |   |
| 13   | Mon | 10:54 | 3.7 | 11:18 | 4.1 | 4:40  | -0.2 | 4:51  | -0.1 | 6:17                                                                                | 6:08 |  |
| 14   | Tue | 11:38 | 3.4 |       |     | 5:29  | 0.1  | 5:37  | 0.1  | 6:15                                                                                | 6:09 |  |
| 15   | Wed | 12:05 | 3.9 | 12:26 | 3.2 | 6:19  | 0.4  | 6:26  | 0.3  | 6:14                                                                                | 6:10 |  |
| 16   | Thu | 12:57 | 3.7 | 1:19  | 3.0 | 7:13  | 0.6  | 7:18  | 0.5  | 6:12                                                                                | 6:10 |  |
| 17   | Fri | 1:55  | 3.6 | 2:17  | 2.9 | 8:08  | 0.7  | 8:13  | 0.5  | 6:11                                                                                | 6:11 |  |
| 18   | Sat | 2:56  | 3.6 | 3:16  | 3.0 | 9:04  | 0.7  | 9:09  | 0.5  | 6:09                                                                                | 6:12 |  |
| 19   | Sun | 3:54  | 3.7 | 4:12  | 3.2 | 9:58  | 0.7  | 10:04 | 0.4  | 6:08                                                                                | 6:13 |  |
| 20   | Mon | 4:45  | 3.9 | 5:01  | 3.5 | 10:48 | 0.5  | 10:56 | 0.2  | 6:06                                                                                | 6:14 |  |
| 21   | Tue | 5:32  | 4.1 | 5:47  | 3.8 | 11:32 | 0.4  | 11:43 | 0.1  | 6:05                                                                                | 6:15 |  |
| 22   | Wed | 6:15  | 4.3 | 6:30  | 4.1 |       |      | 12:13 | 0.2  | 6:03                                                                                | 6:16 |  |
| 23   | Thu | 6:57  | 4.5 | 7:13  | 4.4 | 12:28 | -0.1 | 12:53 | 0.0  | 6:02                                                                                | 6:17 |  |
| 24   | Fri | 7:39  | 4.6 | 7:56  | 4.7 | 1:12  | -0.3 | 1:33  | -0.2 | 6:00                                                                                | 6:18 |  |
| 25   | Sat | 8:21  | 4.6 | 8:39  | 4.9 | 1:56  | -0.4 | 2:13  | -0.3 | 5:59                                                                                | 6:19 |  |
| 26   | Sun | 9:03  | 4.5 | 9:23  | 5.0 | 2:41  | -0.4 | 2:55  | -0.3 | 5:57                                                                                | 6:20 |  |
| 27   | Mon | 9:47  | 4.4 | 10:10 | 5.0 | 3:28  | -0.4 | 3:39  | -0.3 | 5:56                                                                                | 6:20 |  |
| 28   | Tue | 10:33 | 4.2 | 10:59 | 4.9 | 4:18  | -0.3 | 4:27  | -0.2 | 5:54                                                                                | 6:21 |  |
| 29   | Wed | 11:23 | 3.9 | 11:53 | 4.8 | 5:12  | -0.1 | 5:20  | -0.1 | 5:53                                                                                | 6:22 |  |
| 30   | Thu |       |     | 12:18 | 3.7 | 6:10  | 0.0  | 6:18  | 0.0  | 5:51                                                                                | 6:23 |  |
| 31   | Fri | 12:52 | 4.6 | 1:20  | 3.5 | 7:12  | 0.1  | 7:21  | 0.0  | 5:50                                                                                | 6:24 |  |