

Sand Shoal Inlet, VA - Apr 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:58	4.4	2:28	3.5	8:15	0.2	8:26	0.0	5:48	6:25	
2	Sun	3:06	4.4	3:35	3.7	9:19	0.1	9:32	-0.1	5:47	6:26	
3	Mon	4:11	4.4	4:37	3.9	10:19	0.0	10:36	-0.2	5:45	6:27	
4	Tue	5:09	4.4	5:33	4.2	11:15	-0.2	11:35	-0.4	5:44	6:28	
5	Wed	6:01	4.5	6:23	4.5			12:04	-0.3	5:42	6:28	
6	Thu	6:49	4.4	7:09	4.6	12:28	-0.5	12:49	-0.4	5:41	6:29	
7	Fri	7:34	4.4	7:54	4.8	1:17	-0.6	1:31	-0.4	5:39	6:30	
8	Sat	8:18	4.2	8:37	4.8	2:02	-0.5	2:11	-0.4	5:38	6:31	
9	Sun	9:00	4.1	9:20	4.7	2:45	-0.4	2:51	-0.3	5:36	6:32	
10	Mon	9:42	3.9	10:02	4.6	3:28	-0.2	3:32	-0.1	5:35	6:33	
11	Tue	10:24	3.7	10:45	4.4	4:12	0.0	4:13	0.1	5:34	6:34	
12	Wed	11:07	3.5	11:30	4.2	4:57	0.2	4:58	0.3	5:32	6:35	
13	Thu	11:53	3.3			5:45	0.4	5:46	0.5	5:31	6:36	
14	Fri	12:19	4.0	12:43	3.2	6:34	0.6	6:38	0.7	5:29	6:36	
15	Sat	1:12	3.8	1:39	3.2	7:26	0.7	7:32	0.7	5:28	6:37	
16	Sun	2:09	3.8	2:37	3.3	8:18	0.8	8:29	0.7	5:27	6:38	
17	Mon	3:07	3.8	3:34	3.5	9:10	0.7	9:25	0.6	5:25	6:39	
18	Tue	4:01	3.9	4:25	3.8	10:00	0.6	10:20	0.4	5:24	6:40	
19	Wed	4:50	4.1	5:13	4.2	10:47	0.4	11:11	0.2	5:23	6:41	
20	Thu	5:37	4.3	5:58	4.6	11:32	0.2			5:21	6:42	
21	Fri	6:22	4.4	6:43	4.9	12:01	0.0	12:16	0.0	5:20	6:43	
22	Sat	7:07	4.5	7:29	5.2	12:48	-0.2	1:00	-0.2	5:19	6:44	
23	Sun	7:53	4.5	8:15	5.4	1:35	-0.4	1:44	-0.3	5:17	6:45	
24	Mon	8:39	4.5	9:03	5.5	2:23	-0.4	2:29	-0.4	5:16	6:45	
25	Tue	9:27	4.4	9:52	5.5	3:12	-0.4	3:17	-0.4	5:15	6:46	
26	Wed	10:17	4.2	10:43	5.3	4:04	-0.3	4:08	-0.3	5:14	6:47	
27	Thu	11:10	4.0	11:38	5.0	4:59	-0.2	5:04	-0.1	5:12	6:48	
28	Fri			12:07	3.8	5:57	-0.1	6:04	0.0	5:11	6:49	
29	Sat	12:37	4.8	1:09	3.7	6:58	0.0	7:08	0.1	5:10	6:50	
30	Sun	1:41	4.5	3:16	3.7	8:58	0.1	9:14	0.1	6:09	7:51	