

Sand Shoal Inlet, VA - May 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	3:47	4.3	4:23	3.9	9:58	0.1	10:21	0.1	6:08	7:52	
2	Tue	4:50	4.2	5:24	4.1	10:56	0.0	11:25	0.0	6:07	7:53	
3	Wed	5:47	4.1	6:17	4.4	11:48	-0.1			6:05	7:54	
4	Thu	6:38	4.1	7:04	4.6	12:23	-0.1	12:36	-0.2	6:04	7:54	
5	Fri	7:24	4.0	7:48	4.7	1:15	-0.2	1:20	-0.2	6:03	7:55	
6	Sat	8:08	3.9	8:30	4.8	2:01	-0.2	2:01	-0.2	6:02	7:56	
7	Sun	8:51	3.9	9:12	4.8	2:43	-0.2	2:41	-0.2	6:01	7:57	
8	Mon	9:33	3.8	9:53	4.8	3:24	-0.2	3:20	-0.1	6:00	7:58	
9	Tue	10:14	3.7	10:34	4.7	4:04	0.0	3:59	0.1	5:59	7:59	
10	Wed	10:56	3.6	11:16	4.5	4:45	0.1	4:40	0.2	5:58	8:00	
11	Thu	11:39	3.5			5:28	0.3	5:24	0.4	5:57	8:01	
12	Fri	12:00	4.4	12:23	3.4	6:12	0.5	6:10	0.6	5:56	8:01	
13	Sat	12:45	4.2	1:11	3.4	6:59	0.6	7:01	0.7	5:55	8:02	
14	Sun	1:33	4.0	2:02	3.4	7:47	0.7	7:54	0.8	5:55	8:03	
15	Mon	2:25	3.9	2:58	3.5	8:35	0.7	8:50	0.8	5:54	8:04	
16	Tue	3:20	3.9	3:54	3.7	9:24	0.6	9:46	0.7	5:53	8:05	
17	Wed	4:14	3.9	4:47	4.1	10:14	0.5	10:43	0.5	5:52	8:06	
18	Thu	5:07	4.0	5:37	4.5	11:03	0.3	11:39	0.3	5:51	8:07	
19	Fri	5:57	4.1	6:26	4.9	11:52	0.1			5:51	8:07	
20	Sat	6:47	4.2	7:14	5.2	12:32	0.1	12:41	-0.1	5:50	8:08	
21	Sun	7:36	4.3	8:03	5.6	1:24	-0.2	1:29	-0.3	5:49	8:09	
22	Mon	8:26	4.4	8:53	5.7	2:15	-0.4	2:17	-0.5	5:49	8:10	
23	Tue	9:17	4.4	9:44	5.8	3:05	-0.5	3:07	-0.6	5:48	8:11	
24	Wed	10:09	4.3	10:36	5.7	3:57	-0.5	3:58	-0.5	5:47	8:11	
25	Thu	11:02	4.2	11:29	5.5	4:50	-0.5	4:52	-0.4	5:47	8:12	
26	Fri	11:56	4.1			5:45	-0.4	5:49	-0.3	5:46	8:13	
27	Sat	12:23	5.2	12:54	4.0	6:41	-0.2	6:50	-0.1	5:46	8:14	
28	Sun	1:20	4.8	1:55	3.9	7:39	-0.1	7:54	0.1	5:45	8:14	
29	Mon	2:20	4.4	3:00	3.9	8:37	-0.1	8:59	0.2	5:45	8:15	
30	Tue	3:22	4.1	4:05	4.0	9:33	0.0	10:05	0.2	5:44	8:16	
31	Wed	4:24	3.9	5:05	4.2	10:27	0.0	11:09	0.2	5:44	8:17	