

Sand Shoal Inlet, VA - Jun 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:21	3.7	5:57	4.4	11:19	0.0			5:44	8:17	
2	Fri	6:12	3.6	6:43	4.5	12:08	0.2	12:07	0.0	5:43	8:18	
3	Sat	6:58	3.6	7:25	4.7	12:59	0.1	12:51	0.0	5:43	8:18	
4	Sun	7:41	3.6	8:07	4.8	1:43	0.1	1:33	0.0	5:43	8:19	
5	Mon	8:24	3.6	8:48	4.8	2:24	0.0	2:13	0.0	5:42	8:20	
6	Tue	9:06	3.6	9:28	4.8	3:03	0.1	2:52	0.0	5:42	8:20	
7	Wed	9:48	3.6	10:09	4.7	3:41	0.1	3:31	0.1	5:42	8:21	
8	Thu	10:30	3.6	10:50	4.6	4:20	0.2	4:12	0.2	5:42	8:21	
9	Fri	11:12	3.6	11:32	4.5	5:00	0.3	4:54	0.4	5:42	8:22	
10	Sat	11:55	3.5			5:41	0.4	5:39	0.5	5:41	8:22	
11	Sun	12:13	4.3	12:39	3.5	6:24	0.5	6:27	0.7	5:41	8:23	
12	Mon	12:57	4.2	1:27	3.6	7:09	0.5	7:19	0.7	5:41	8:23	
13	Tue	1:44	4.0	2:19	3.7	7:55	0.5	8:13	0.8	5:41	8:24	
14	Wed	2:35	3.9	3:13	3.9	8:42	0.5	9:10	0.7	5:41	8:24	
15	Thu	3:30	3.9	4:09	4.3	9:32	0.4	10:09	0.6	5:41	8:25	
16	Fri	4:26	3.9	5:03	4.6	10:23	0.2	11:08	0.4	5:41	8:25	
17	Sat	5:21	4.0	5:56	5.0	11:16	0.0			5:42	8:25	
18	Sun	6:16	4.1	6:49	5.4	12:06	0.1	12:10	-0.2	5:42	8:26	
19	Mon	7:09	4.2	7:41	5.7	1:02	-0.1	1:03	-0.5	5:42	8:26	
20	Tue	8:03	4.3	8:34	5.9	1:56	-0.4	1:55	-0.6	5:42	8:26	
21	Wed	8:57	4.3	9:27	5.9	2:48	-0.5	2:48	-0.7	5:42	8:26	
22	Thu	9:51	4.4	10:20	5.8	3:40	-0.6	3:41	-0.7	5:42	8:27	
23	Fri	10:45	4.4	11:12	5.5	4:32	-0.6	4:36	-0.6	5:43	8:27	
24	Sat	11:40	4.3			5:25	-0.5	5:34	-0.4	5:43	8:27	
25	Sun	12:05	5.1	12:36	4.2	6:20	-0.4	6:34	-0.2	5:43	8:27	
26	Mon	12:59	4.7	1:34	4.1	7:14	-0.3	7:36	0.1	5:44	8:27	
27	Tue	1:54	4.3	2:36	4.1	8:09	-0.1	8:39	0.2	5:44	8:27	
28	Wed	2:53	3.9	3:39	4.1	9:02	0.0	9:44	0.4	5:44	8:27	
29	Thu	3:53	3.6	4:39	4.2	9:55	0.1	10:48	0.4	5:45	8:27	
30	Fri	4:51	3.4	5:32	4.3	10:47	0.1	11:47	0.4	5:45	8:27	