

Sand Shoal Inlet, VA - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	5:43	3.3	6:19	4.4	11:36	0.1			5:46	8:27	
2	Sun	6:30	3.4	7:02	4.5	12:39	0.4	12:22	0.1	5:46	8:27	
3	Mon	7:15	3.4	7:44	4.6	1:23	0.3	1:06	0.1	5:47	8:27	
4	Tue	7:57	3.5	8:24	4.7	2:02	0.3	1:47	0.1	5:47	8:27	
5	Wed	8:40	3.6	9:05	4.8	2:39	0.2	2:27	0.1	5:48	8:27	
6	Thu	9:22	3.7	9:45	4.8	3:15	0.2	3:07	0.1	5:48	8:26	
7	Fri	10:03	3.7	10:25	4.7	3:52	0.2	3:47	0.2	5:49	8:26	
8	Sat	10:44	3.8	11:04	4.6	4:30	0.3	4:28	0.3	5:49	8:26	
9	Sun	11:26	3.8	11:43	4.5	5:09	0.3	5:11	0.4	5:50	8:26	
10	Mon			12:08	3.8	5:49	0.4	5:57	0.6	5:51	8:25	
11	Tue	12:24	4.3	12:53	3.9	6:32	0.4	6:47	0.6	5:51	8:25	
12	Wed	1:08	4.1	1:42	4.0	7:16	0.4	7:42	0.7	5:52	8:25	
13	Thu	1:57	3.9	2:36	4.2	8:04	0.4	8:39	0.7	5:52	8:24	
14	Fri	2:52	3.8	3:34	4.4	8:55	0.3	9:40	0.6	5:53	8:24	
15	Sat	3:51	3.8	4:33	4.8	9:50	0.2	10:42	0.4	5:54	8:23	
16	Sun	4:51	3.8	5:31	5.1	10:47	0.0	11:43	0.2	5:55	8:23	
17	Mon	5:50	4.0	6:27	5.4	11:45	-0.3			5:55	8:22	
18	Tue	6:47	4.1	7:22	5.7	12:42	-0.1	12:42	-0.5	5:56	8:22	
19	Wed	7:43	4.3	8:16	5.8	1:37	-0.3	1:38	-0.7	5:57	8:21	
20	Thu	8:38	4.5	9:09	5.8	2:29	-0.5	2:32	-0.8	5:57	8:20	
21	Fri	9:32	4.6	10:01	5.7	3:20	-0.6	3:26	-0.8	5:58	8:20	
22	Sat	10:26	4.6	10:52	5.4	4:10	-0.6	4:20	-0.6	5:59	8:19	
23	Sun	11:19	4.6	11:43	5.0	5:01	-0.5	5:15	-0.4	6:00	8:18	
24	Mon			12:12	4.5	5:52	-0.4	6:13	-0.2	6:01	8:18	
25	Tue	12:33	4.6	1:07	4.4	6:43	-0.2	7:12	0.1	6:01	8:17	
26	Wed	1:25	4.1	2:04	4.2	7:35	0.0	8:14	0.4	6:02	8:16	
27	Thu	2:20	3.7	3:04	4.2	8:27	0.1	9:16	0.5	6:03	8:15	
28	Fri	3:18	3.4	4:05	4.1	9:20	0.3	10:19	0.6	6:04	8:14	
29	Sat	4:18	3.3	5:02	4.2	10:13	0.4	11:19	0.7	6:05	8:14	
30	Sun	5:13	3.2	5:52	4.3	11:05	0.4			6:05	8:13	
31	Mon	6:03	3.3	6:37	4.4	12:12	0.6	11:54 AM	0.3	6:06	8:12	