

Sand Shoal Inlet, VA - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	6:48	3.5	7:19	4.6	12:56	0.5	12:40	0.3	6:07	8:11	
2	Wed	7:31	3.6	8:00	4.7	1:35	0.5	1:23	0.2	6:08	8:10	
3	Thu	8:13	3.8	8:40	4.8	2:11	0.4	2:03	0.2	6:09	8:09	
4	Fri	8:55	3.9	9:19	4.8	2:46	0.3	2:43	0.1	6:09	8:08	
5	Sat	9:36	4.1	9:58	4.8	3:22	0.3	3:23	0.2	6:10	8:07	
6	Sun	10:16	4.2	10:36	4.7	3:58	0.3	4:04	0.3	6:11	8:06	
7	Mon	10:57	4.2	11:14	4.6	4:35	0.3	4:46	0.4	6:12	8:05	
8	Tue	11:38	4.3	11:54	4.4	5:14	0.3	5:31	0.5	6:13	8:04	
9	Wed			12:22	4.4	5:56	0.4	6:21	0.6	6:14	8:02	
10	Thu	12:37	4.2	1:10	4.4	6:41	0.4	7:16	0.7	6:15	8:01	
11	Fri	1:26	4.0	2:05	4.5	7:31	0.4	8:15	0.7	6:15	8:00	
12	Sat	2:22	3.8	3:05	4.7	8:26	0.3	9:17	0.6	6:16	7:59	
13	Sun	3:25	3.8	4:09	4.9	9:24	0.2	10:20	0.5	6:17	7:58	
14	Mon	4:29	3.8	5:10	5.1	10:25	0.1	11:23	0.3	6:18	7:57	
15	Tue	5:31	4.0	6:09	5.4	11:26	-0.2			6:19	7:55	
16	Wed	6:29	4.3	7:05	5.6	12:23	0.0	12:26	-0.4	6:20	7:54	
17	Thu	7:26	4.5	7:58	5.7	1:18	-0.2	1:23	-0.6	6:20	7:53	
18	Fri	8:20	4.7	8:50	5.7	2:09	-0.4	2:18	-0.7	6:21	7:52	
19	Sat	9:12	4.9	9:40	5.5	2:57	-0.5	3:10	-0.7	6:22	7:50	
20	Sun	10:04	5.0	10:29	5.2	3:45	-0.5	4:02	-0.6	6:23	7:49	
21	Mon	10:54	4.9	11:17	4.8	4:32	-0.4	4:55	-0.3	6:24	7:48	
22	Tue	11:44	4.8			5:19	-0.3	5:49	0.0	6:25	7:46	
23	Wed	12:04	4.4	12:35	4.6	6:08	0.0	6:45	0.3	6:25	7:45	
24	Thu	12:53	4.0	1:27	4.4	6:58	0.2	7:43	0.5	6:26	7:44	
25	Fri	1:45	3.6	2:24	4.2	7:49	0.4	8:42	0.7	6:27	7:42	
26	Sat	2:41	3.4	3:25	4.1	8:43	0.6	9:43	0.9	6:28	7:41	
27	Sun	3:42	3.3	4:25	4.2	9:37	0.7	10:42	0.9	6:29	7:39	
28	Mon	4:41	3.3	5:20	4.3	10:32	0.7	11:36	0.9	6:30	7:38	
29	Tue	5:34	3.5	6:07	4.4	11:24	0.6			6:30	7:37	
30	Wed	6:20	3.7	6:50	4.6	12:21	0.8	12:12	0.5	6:31	7:35	
31	Thu	7:04	3.9	7:31	4.7	1:00	0.6	12:57	0.4	6:32	7:34	