

Sand Shoal Inlet, VA - Sep 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	7:46	4.2	8:11	4.8	1:36	0.5	1:39	0.3	6:33	7:32	
2	Sat	8:27	4.4	8:50	4.9	2:12	0.4	2:19	0.2	6:34	7:31	
3	Sun	9:07	4.6	9:28	4.9	2:48	0.3	3:00	0.2	6:35	7:29	
4	Mon	9:47	4.7	10:07	4.8	3:24	0.3	3:41	0.2	6:35	7:28	
5	Tue	10:28	4.8	10:47	4.7	4:02	0.3	4:24	0.3	6:36	7:26	
6	Wed	11:10	4.9	11:28	4.5	4:42	0.3	5:10	0.4	6:37	7:25	
7	Thu	11:55	4.9			5:24	0.3	6:01	0.5	6:38	7:23	
8	Fri	12:13	4.3	12:44	4.9	6:12	0.4	6:56	0.6	6:39	7:22	
9	Sat	1:03	4.0	1:40	4.8	7:05	0.4	7:56	0.7	6:40	7:20	
10	Sun	2:01	3.9	2:42	4.9	8:03	0.4	8:59	0.6	6:40	7:19	
11	Mon	3:06	3.8	3:48	4.9	9:05	0.4	10:03	0.5	6:41	7:17	
12	Tue	4:13	3.9	4:53	5.1	10:09	0.2	11:05	0.3	6:42	7:16	
13	Wed	5:17	4.2	5:53	5.2	11:13	0.0			6:43	7:14	
14	Thu	6:16	4.5	6:48	5.4	12:04	0.1	12:14	-0.2	6:44	7:13	
15	Fri	7:10	4.8	7:40	5.4	12:57	-0.1	1:11	-0.4	6:44	7:11	
16	Sat	8:02	5.0	8:29	5.3	1:46	-0.3	2:04	-0.5	6:45	7:10	
17	Sun	8:52	5.2	9:17	5.2	2:32	-0.4	2:55	-0.5	6:46	7:08	
18	Mon	9:40	5.3	10:03	4.9	3:17	-0.4	3:44	-0.4	6:47	7:07	
19	Tue	10:27	5.2	10:49	4.6	4:01	-0.3	4:33	-0.2	6:48	7:05	
20	Wed	11:14	5.0	11:34	4.2	4:45	-0.1	5:23	0.1	6:49	7:04	
21	Thu			12:01	4.8	5:31	0.2	6:14	0.4	6:49	7:02	
22	Fri	12:21	3.9	12:50	4.6	6:19	0.4	7:08	0.7	6:50	7:00	
23	Sat	1:10	3.6	1:43	4.3	7:09	0.6	8:04	0.9	6:51	6:59	
24	Sun	2:04	3.4	2:41	4.2	8:03	0.8	9:01	1.0	6:52	6:57	
25	Mon	3:04	3.3	3:42	4.1	8:59	0.9	9:57	1.0	6:53	6:56	
26	Tue	4:05	3.4	4:39	4.2	9:55	0.9	10:50	1.0	6:54	6:54	
27	Wed	5:01	3.6	5:30	4.3	10:50	0.8	11:36	0.9	6:54	6:53	
28	Thu	5:49	3.9	6:15	4.5	11:41	0.7			6:55	6:51	
29	Fri	6:34	4.2	6:57	4.7	12:18	0.7	12:28	0.5	6:56	6:50	
30	Sat	7:15	4.5	7:37	4.8	12:57	0.5	1:12	0.4	6:57	6:48	