

Sand Shoal Inlet, VA - Oct 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:57	4.8	8:18	4.8	1:35	0.4	1:54	0.2	6:58	6:47	
2	Mon	8:38	5.0	8:58	4.8	2:13	0.2	2:37	0.2	6:59	6:45	
3	Tue	9:19	5.2	9:39	4.8	2:51	0.2	3:19	0.1	7:00	6:44	
4	Wed	10:02	5.3	10:22	4.6	3:31	0.1	4:04	0.2	7:01	6:42	
5	Thu	10:46	5.3	11:06	4.5	4:13	0.1	4:52	0.2	7:01	6:41	
6	Fri	11:33	5.3	11:54	4.2	4:58	0.2	5:44	0.4	7:02	6:39	
7	Sat			12:24	5.2	5:49	0.3	6:41	0.5	7:03	6:38	
8	Sun	12:47	4.0	1:21	5.1	6:45	0.4	7:41	0.5	7:04	6:36	
9	Mon	1:47	3.9	2:24	4.9	7:47	0.4	8:44	0.5	7:05	6:35	
10	Tue	2:53	3.9	3:30	4.9	8:51	0.4	9:46	0.4	7:06	6:33	
11	Wed	4:02	4.0	4:35	4.9	9:57	0.3	10:46	0.3	7:07	6:32	
12	Thu	5:06	4.3	5:35	4.9	11:02	0.2	11:43	0.1	7:08	6:31	
13	Fri	6:03	4.6	6:29	4.9			12:03	0.0	7:09	6:29	
14	Sat	6:56	4.9	7:19	4.9	12:34	-0.1	12:59	-0.2	7:10	6:28	
15	Sun	7:44	5.1	8:06	4.8	1:21	-0.3	1:51	-0.3	7:10	6:26	
16	Mon	8:31	5.3	8:52	4.7	2:05	-0.3	2:39	-0.3	7:11	6:25	
17	Tue	9:16	5.3	9:37	4.5	2:48	-0.3	3:25	-0.2	7:12	6:24	
18	Wed	10:01	5.2	10:21	4.2	3:30	-0.2	4:10	0.0	7:13	6:22	
19	Thu	10:45	5.1	11:05	4.0	4:12	0.0	4:56	0.2	7:14	6:21	
20	Fri	11:30	4.9	11:50	3.8	4:55	0.2	5:44	0.4	7:15	6:20	
21	Sat			12:16	4.6	5:41	0.5	6:33	0.7	7:16	6:18	
22	Sun	12:37	3.5	1:05	4.4	6:30	0.7	7:25	0.8	7:17	6:17	
23	Mon	1:28	3.4	1:58	4.2	7:23	0.8	8:17	0.9	7:18	6:16	
24	Tue	2:25	3.4	2:55	4.1	8:18	0.9	9:10	1.0	7:19	6:15	
25	Wed	3:24	3.4	3:52	4.1	9:15	1.0	10:00	0.9	7:20	6:13	
26	Thu	4:22	3.7	4:45	4.1	10:10	0.9	10:47	0.8	7:21	6:12	
27	Fri	5:13	4.0	5:34	4.3	11:04	0.8	11:32	0.6	7:22	6:11	
28	Sat	5:59	4.3	6:18	4.4	11:55	0.6			7:23	6:10	
29	Sun	5:43	4.7	6:02	4.5	12:15	0.4	11:57	0.2	6:24	5:09	
30	Mon	6:26	5.0	6:45	4.6			12:29	0.2	6:25	5:08	
31	Tue	7:09	5.3	7:29	4.6	12:39	0.0	1:14	0.0	6:26	5:06	