

Sand Shoal Inlet, VA - Nov 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:53	5.5	8:13	4.6	1:21	-0.1	2:00	-0.1	6:27	5:05	
2	Thu	8:39	5.6	9:00	4.5	2:04	-0.2	2:47	-0.1	6:28	5:04	
3	Fri	9:26	5.6	9:48	4.3	2:49	-0.2	3:37	0.0	6:29	5:03	
4	Sat	10:16	5.5	10:39	4.2	3:38	-0.1	4:30	0.1	6:30	5:02	
5	Sun	11:09	5.3	11:34	4.0	4:31	0.0	5:26	0.2	6:31	5:01	
6	Mon			12:05	5.1	5:30	0.1	6:26	0.2	6:32	5:00	
7	Tue	12:34	3.9	1:06	4.8	6:33	0.2	7:26	0.2	6:33	4:59	
8	Wed	1:41	3.9	2:11	4.6	7:39	0.3	8:26	0.2	6:34	4:58	
9	Thu	2:49	4.0	3:15	4.4	8:45	0.3	9:24	0.1	6:35	4:58	
10	Fri	3:53	4.3	4:15	4.4	9:51	0.2	10:19	0.0	6:36	4:57	
11	Sat	4:50	4.5	5:09	4.3	10:52	0.1	11:09	-0.2	6:38	4:56	
12	Sun	5:40	4.8	5:58	4.2	11:48	-0.1	11:56	-0.3	6:39	4:55	
13	Mon	6:27	5.0	6:44	4.2			12:38	-0.2	6:40	4:54	
14	Tue	7:11	5.1	7:28	4.1	12:40	-0.3	1:23	-0.2	6:41	4:53	
15	Wed	7:54	5.1	8:11	4.0	1:21	-0.3	2:06	-0.1	6:42	4:53	
16	Thu	8:36	5.0	8:54	3.8	2:02	-0.2	2:48	0.0	6:43	4:52	
17	Fri	9:19	4.9	9:37	3.7	2:42	-0.1	3:31	0.1	6:44	4:51	
18	Sat	10:01	4.7	10:20	3.6	3:24	0.1	4:14	0.3	6:45	4:51	
19	Sun	10:45	4.5	11:05	3.4	4:07	0.3	4:59	0.5	6:46	4:50	
20	Mon	11:30	4.3	11:53	3.3	4:54	0.5	5:46	0.6	6:47	4:50	
21	Tue			12:18	4.1	5:44	0.7	6:34	0.7	6:48	4:49	
22	Wed	12:45	3.3	1:09	3.9	6:37	0.8	7:22	0.7	6:49	4:49	
23	Thu	1:41	3.4	2:02	3.9	7:32	0.8	8:10	0.7	6:50	4:48	
24	Fri	2:38	3.6	2:57	3.8	8:28	0.8	8:58	0.6	6:51	4:48	
25	Sat	3:32	3.9	3:49	3.9	9:24	0.7	9:46	0.4	6:52	4:47	
26	Sun	4:22	4.2	4:38	4.0	10:19	0.5	10:33	0.2	6:53	4:47	
27	Mon	5:10	4.6	5:26	4.1	11:12	0.3	11:20	0.0	6:54	4:46	
28	Tue	5:56	5.0	6:13	4.2			12:03	0.1	6:55	4:46	
29	Wed	6:43	5.3	7:01	4.3	12:07	-0.3	12:52	-0.2	6:56	4:46	
30	Thu	7:31	5.6	7:50	4.3	12:54	-0.4	1:41	-0.3	6:57	4:46	