

Sand Shoal Inlet, VA - Dec 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:20	5.7	8:40	4.3	1:41	-0.6	2:30	-0.4	6:58	4:45	
2	Sat	9:10	5.7	9:31	4.2	2:30	-0.6	3:21	-0.4	6:59	4:45	
3	Sun	10:01	5.5	10:24	4.1	3:22	-0.5	4:14	-0.3	7:00	4:45	
4	Mon	10:53	5.3	11:20	4.0	4:17	-0.4	5:09	-0.3	7:01	4:45	
5	Tue	11:48	4.9			5:16	-0.2	6:07	-0.2	7:02	4:45	
6	Wed	12:19	3.9	12:46	4.5	6:18	-0.1	7:04	-0.1	7:02	4:45	
7	Thu	1:23	3.9	1:48	4.2	7:24	0.1	8:02	-0.1	7:03	4:45	
8	Fri	2:30	3.9	2:51	3.9	8:30	0.1	8:58	-0.1	7:04	4:45	
9	Sat	3:35	4.1	3:51	3.7	9:36	0.1	9:52	-0.2	7:05	4:45	
10	Sun	4:33	4.3	4:46	3.6	10:39	0.1	10:44	-0.2	7:06	4:45	
11	Mon	5:23	4.4	5:36	3.6	11:36	0.0	11:32	-0.3	7:06	4:45	
12	Tue	6:09	4.6	6:21	3.5			12:24	-0.1	7:07	4:45	
13	Wed	6:52	4.7	7:05	3.5	12:16	-0.3	1:08	-0.1	7:08	4:46	
14	Thu	7:33	4.7	7:47	3.5	12:57	-0.3	1:48	-0.1	7:09	4:46	
15	Fri	8:15	4.7	8:29	3.5	1:37	-0.3	2:27	-0.1	7:09	4:46	
16	Sat	8:55	4.6	9:11	3.5	2:17	-0.2	3:05	0.0	7:10	4:46	
17	Sun	9:36	4.5	9:53	3.4	2:57	-0.1	3:45	0.1	7:11	4:47	
18	Mon	10:17	4.4	10:36	3.4	3:38	0.1	4:26	0.2	7:11	4:47	
19	Tue	10:58	4.2	11:20	3.3	4:22	0.2	5:08	0.3	7:12	4:48	
20	Wed	11:41	4.0			5:08	0.4	5:52	0.4	7:12	4:48	
21	Thu	12:07	3.3	12:26	3.8	5:58	0.5	6:37	0.4	7:13	4:49	
22	Fri	12:58	3.4	1:15	3.7	6:51	0.6	7:23	0.4	7:13	4:49	
23	Sat	1:52	3.5	2:08	3.6	7:47	0.6	8:12	0.3	7:14	4:50	
24	Sun	2:48	3.8	3:04	3.5	8:45	0.6	9:02	0.2	7:14	4:50	
25	Mon	3:43	4.1	3:59	3.6	9:44	0.4	9:54	0.0	7:15	4:51	
26	Tue	4:37	4.5	4:52	3.7	10:42	0.2	10:47	-0.3	7:15	4:51	
27	Wed	5:28	4.9	5:45	3.9	11:38	-0.1	11:40	-0.5	7:15	4:52	
28	Thu	6:19	5.2	6:37	4.0			12:31	-0.3	7:16	4:53	
29	Fri	7:11	5.5	7:29	4.1	12:31	-0.8	1:22	-0.6	7:16	4:53	
30	Sat	8:02	5.6	8:22	4.2	1:23	-0.9	2:13	-0.7	7:16	4:54	
31	Sun	8:54	5.6	9:16	4.2	2:14	-1.0	3:04	-0.7	7:17	4:55	