

Virginia Beach (outer coast), VA - Jun 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	5:14	3.1	5:47	3.9	11:12	0.0			5:46	8:17	
2	Fri	6:07	3.1	6:34	3.9	12:17	0.2	12:01	0.1	5:45	8:17	
3	Sat	6:56	3.1	7:17	4.0	1:08	0.1	12:48	0.1	5:45	8:18	
4	Sun	7:40	3.1	7:55	4.0	1:52	0.0	1:30	0.1	5:45	8:19	
5	Mon	8:20	3.1	8:31	4.0	2:28	0.0	2:08	0.1	5:44	8:19	
6	Tue	8:57	3.1	9:06	3.9	3:01	0.0	2:43	0.2	5:44	8:20	
7	Wed	9:35	3.1	9:41	3.8	3:33	0.0	3:19	0.3	5:44	8:20	
8	Thu	10:14	3.1	10:19	3.7	4:08	0.1	3:58	0.4	5:44	8:21	
9	Fri	10:55	3.0	10:58	3.6	4:46	0.2	4:41	0.5	5:44	8:21	
10	Sat	11:35	3.0	11:37	3.4	5:26	0.2	5:27	0.6	5:44	8:22	
11	Sun			12:16	3.0	6:07	0.3	6:15	0.7	5:44	8:22	
12	Mon	12:18	3.3	12:58	3.0	6:49	0.3	7:05	0.7	5:43	8:23	
13	Tue	1:01	3.2	1:46	3.1	7:33	0.3	7:59	0.7	5:43	8:23	
14	Wed	1:50	3.0	2:41	3.3	8:21	0.2	8:59	0.6	5:43	8:24	
15	Thu	2:49	3.0	3:39	3.5	9:12	0.2	9:58	0.4	5:44	8:24	
16	Fri	3:50	3.0	4:33	3.8	10:04	0.0	10:55	0.2	5:44	8:24	
17	Sat	4:49	3.1	5:27	4.1	10:57	-0.1	11:53	0.0	5:44	8:25	
18	Sun	5:47	3.2	6:21	4.4	11:52	-0.3			5:44	8:25	
19	Mon	6:45	3.4	7:16	4.6	12:51	-0.3	12:49	-0.4	5:44	8:25	
20	Tue	7:42	3.5	8:09	4.8	1:46	-0.5	1:44	-0.6	5:44	8:26	
21	Wed	8:37	3.7	9:01	4.8	2:37	-0.7	2:38	-0.6	5:44	8:26	
22	Thu	9:31	3.7	9:54	4.7	3:28	-0.8	3:32	-0.6	5:45	8:26	
23	Fri	10:28	3.8	10:49	4.5	4:21	-0.7	4:30	-0.4	5:45	8:26	
24	Sat	11:26	3.8	11:44	4.2	5:16	-0.6	5:32	-0.2	5:45	8:26	
25	Sun			12:22	3.8	6:12	-0.5	6:36	0.0	5:45	8:26	
26	Mon	12:38	3.8	1:21	3.7	7:06	-0.3	7:42	0.2	5:46	8:27	
27	Tue	1:35	3.5	2:25	3.7	8:01	-0.2	8:51	0.3	5:46	8:27	
28	Wed	2:39	3.2	3:33	3.7	8:57	0.0	9:58	0.4	5:46	8:27	
29	Thu	3:47	3.0	4:31	3.7	9:51	0.1	10:58	0.4	5:47	8:27	
30	Fri	4:46	2.9	5:22	3.8	10:41	0.2	11:55	0.4	5:47	8:27	