

Virginia Beach (outer coast), VA - Oct 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:41	4.2	7:52	4.1	1:25	0.5	1:46	0.6	6:59	6:48	
2	Mon	8:17	4.4	8:29	4.1	2:01	0.4	2:26	0.5	6:59	6:46	
3	Tue	8:55	4.5	9:08	4.1	2:36	0.3	3:07	0.4	7:00	6:45	
4	Wed	9:35	4.6	9:50	4.0	3:14	0.3	3:50	0.4	7:01	6:43	
5	Thu	10:18	4.7	10:36	3.9	3:55	0.3	4:38	0.5	7:02	6:42	
6	Fri	11:06	4.6	11:25	3.8	4:42	0.4	5:31	0.6	7:03	6:40	
7	Sat	11:57	4.6			5:35	0.5	6:27	0.6	7:04	6:39	
8	Sun	12:18	3.7	12:51	4.5	6:32	0.6	7:27	0.7	7:05	6:37	
9	Mon	1:16	3.6	1:52	4.4	7:34	0.7	8:31	0.7	7:05	6:36	
10	Tue	2:26	3.6	3:04	4.3	8:43	0.7	9:36	0.6	7:06	6:35	
11	Wed	3:44	3.8	4:14	4.3	9:53	0.6	10:36	0.4	7:07	6:33	
12	Thu	4:51	4.0	5:15	4.4	10:58	0.5	11:32	0.3	7:08	6:32	
13	Fri	5:50	4.3	6:12	4.4			12:02	0.4	7:09	6:30	
14	Sat	6:44	4.6	7:05	4.4	12:26	0.1	1:01	0.2	7:10	6:29	
15	Sun	7:34	4.8	7:53	4.4	1:15	0.0	1:53	0.1	7:11	6:28	
16	Mon	8:19	4.9	8:38	4.3	2:00	0.0	2:39	0.1	7:12	6:26	
17	Tue	9:02	4.8	9:21	4.1	2:41	0.1	3:23	0.2	7:13	6:25	
18	Wed	9:44	4.7	10:04	3.9	3:20	0.2	4:07	0.4	7:14	6:24	
19	Thu	10:26	4.5	10:49	3.7	4:01	0.4	4:54	0.6	7:14	6:22	
20	Fri	11:10	4.3	11:34	3.5	4:45	0.6	5:41	0.8	7:15	6:21	
21	Sat	11:53	4.1			5:32	0.9	6:29	0.9	7:16	6:20	
22	Sun	12:20	3.4	12:36	3.9	6:20	1.1	7:18	1.0	7:17	6:18	
23	Mon	1:08	3.2	1:24	3.7	7:11	1.2	8:10	1.1	7:18	6:17	
24	Tue	2:06	3.2	2:21	3.6	8:07	1.3	9:04	1.1	7:19	6:16	
25	Wed	3:15	3.2	3:24	3.5	9:07	1.3	9:53	1.0	7:20	6:15	
26	Thu	4:13	3.4	4:19	3.6	10:03	1.2	10:36	0.9	7:21	6:14	
27	Fri	4:59	3.6	5:06	3.6	10:54	1.0	11:18	0.7	7:22	6:12	
28	Sat	5:42	3.8	5:51	3.7	11:45	0.8			7:23	6:11	
29	Sun	5:24	4.1	5:36	3.8	12:00	0.6	11:43	0.4	6:24	5:10	
30	Mon	6:06	4.4	6:19	3.9			12:20	0.4	6:25	5:09	
31	Tue	6:47	4.6	7:02	3.9	12:25	0.2	1:04	0.2	6:26	5:08	