

Virginia Beach (outer coast), VA - Nov 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	7:28	4.8	7:45	3.9	1:06	0.1	1:47	0.1	6:27	5:07	●
2	Thu	8:11	4.8	8:30	3.9	1:48	0.0	2:32	0.1	6:28	5:06	●
3	Fri	8:58	4.8	9:20	3.8	2:33	0.1	3:22	0.1	6:29	5:05	●
4	Sat	9:48	4.7	10:13	3.7	3:23	0.1	4:17	0.2	6:30	5:04	◐
5	Sun	10:42	4.6	11:10	3.7	4:19	0.3	5:14	0.3	6:31	5:03	◐
6	Mon	11:37	4.4			5:20	0.4	6:13	0.3	6:32	5:02	◐
7	Tue	12:10	3.6	12:38	4.2	6:25	0.5	7:16	0.3	6:33	5:01	◐
8	Wed	1:21	3.6	1:48	4.0	7:36	0.6	8:19	0.3	6:34	5:00	◐
9	Thu	2:38	3.8	2:59	3.9	8:48	0.5	9:17	0.2	6:35	4:59	◐
10	Fri	3:42	4.0	4:00	3.9	9:54	0.4	10:10	0.1	6:36	4:58	◐
11	Sat	4:38	4.2	4:56	3.8	10:56	0.3	11:02	0.1	6:37	4:57	○
12	Sun	5:30	4.4	5:48	3.8	11:54	0.2	11:51	0.0	6:38	4:57	○
13	Mon	6:17	4.5	6:35	3.8			12:44	0.1	6:39	4:56	○
14	Tue	7:00	4.6	7:18	3.7	12:36	0.0	1:26	0.1	6:40	4:55	○
15	Wed	7:40	4.5	7:58	3.6	1:16	0.0	2:05	0.1	6:42	4:54	○
16	Thu	8:18	4.4	8:39	3.5	1:53	0.1	2:44	0.2	6:43	4:54	○
17	Fri	8:56	4.2	9:21	3.4	2:31	0.3	3:24	0.4	6:44	4:53	○
18	Sat	9:36	4.1	10:04	3.2	3:11	0.5	4:06	0.5	6:45	4:53	○
19	Sun	10:17	3.9	10:48	3.1	3:55	0.7	4:50	0.6	6:46	4:52	○
20	Mon	10:58	3.7	11:33	3.0	4:42	0.8	5:34	0.7	6:47	4:51	○
21	Tue	11:40	3.5			5:31	1.0	6:19	0.7	6:48	4:51	○
22	Wed	12:21	3.0	12:27	3.3	6:23	1.0	7:07	0.7	6:49	4:50	○
23	Thu	1:17	3.0	1:21	3.2	7:20	1.0	7:56	0.7	6:50	4:50	◐
24	Fri	2:18	3.2	2:21	3.2	8:19	1.0	8:44	0.6	6:51	4:49	◐
25	Sat	3:12	3.4	3:16	3.2	9:15	0.8	9:29	0.4	6:52	4:49	◐
26	Sun	3:59	3.7	4:07	3.3	10:08	0.6	10:16	0.2	6:53	4:49	◐
27	Mon	4:45	4.0	4:56	3.4	11:01	0.4	11:04	0.0	6:54	4:48	◐
28	Tue	5:32	4.2	5:47	3.5	11:53	0.1	11:52	-0.2	6:55	4:48	◐
29	Wed	6:19	4.5	6:36	3.6			12:42	-0.1	6:56	4:48	◐
30	Thu	7:05	4.7	7:24	3.6	12:40	-0.3	1:29	-0.3	6:57	4:48	●