


















Sand Shoal Inlet, VA - Mar 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	3:26	3.6	3:41	2.6	9:52	0.7	9:30	0.4	6:34	5:56	
2	Thu	4:28	3.7	4:38	2.7	10:54	0.6	10:27	0.3	6:32	5:57	
3	Fri	5:20	3.8	5:26	2.9	11:41	0.6	11:18	0.2	6:31	5:58	
4	Sat	6:04	4.0	6:09	3.2			12:18	0.4	6:29	5:59	
5	Sun	6:44	4.2	6:51	3.4	12:03	0.0	12:51	0.3	6:28	6:00	
6	Mon	7:22	4.3	7:30	3.7	12:45	-0.1	1:23	0.2	6:27	6:01	
7	Tue	7:59	4.3	8:09	3.9	1:24	-0.2	1:55	0.1	6:25	6:02	
8	Wed	8:35	4.3	8:48	4.1	2:03	-0.2	2:28	0.0	6:24	6:03	
9	Thu	9:11	4.2	9:26	4.2	2:42	-0.2	3:02	0.0	6:22	6:04	
10	Fri	9:48	4.0	10:05	4.3	3:23	-0.1	3:37	0.1	6:21	6:05	
11	Sat	10:26	3.8	10:46	4.4	4:07	0.0	4:15	0.1	6:19	6:06	
12	Sun			12:06	3.6	5:55	0.1	5:58	0.2	7:18	7:07	
13	Mon	12:32	4.4	12:53	3.3	6:49	0.3	6:48	0.2	7:16	7:08	
14	Tue	1:26	4.3	1:48	3.1	7:48	0.4	7:46	0.2	7:15	7:09	
15	Wed	2:30	4.3	2:53	3.0	8:53	0.5	8:50	0.2	7:13	7:10	
16	Thu	3:40	4.4	4:04	3.1	10:01	0.4	9:58	0.1	7:12	7:11	
17	Fri	4:50	4.5	5:12	3.3	11:07	0.3	11:05	-0.2	7:11	7:11	
18	Sat	5:53	4.7	6:13	3.7			12:07	0.0	7:09	7:12	
19	Sun	6:50	4.9	7:09	4.1	12:09	-0.4	1:00	-0.2	7:08	7:13	
20	Mon	7:43	4.9	8:01	4.4	1:08	-0.7	1:48	-0.5	7:06	7:14	
21	Tue	8:32	4.9	8:51	4.7	2:02	-0.8	2:32	-0.6	7:05	7:15	
22	Wed	9:19	4.7	9:38	4.9	2:54	-0.9	3:15	-0.6	7:03	7:16	
23	Thu	10:04	4.4	10:25	4.9	3:43	-0.8	3:57	-0.6	7:02	7:17	
24	Fri	10:48	4.1	11:10	4.8	4:33	-0.6	4:39	-0.4	7:00	7:18	
25	Sat	11:33	3.7	11:56	4.6	5:22	-0.3	5:23	-0.2	6:59	7:19	
26	Sun			12:18	3.4	6:14	0.0	6:09	0.1	6:57	7:20	
27	Mon	12:45	4.3	1:05	3.0	7:07	0.3	7:00	0.4	6:56	7:20	
28	Tue	1:37	4.0	1:59	2.8	8:05	0.6	7:54	0.5	6:54	7:21	
29	Wed	2:38	3.7	3:00	2.7	9:05	0.8	8:53	0.6	6:53	7:22	
30	Thu	3:44	3.6	4:05	2.8	10:07	0.9	9:54	0.6	6:51	7:23	
31	Fri	4:49	3.7	5:04	2.9	11:05	0.8	10:53	0.6	6:50	7:24	