

































## Sand Shoal Inlet, VA - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	5:41	3.9	6:02	3.9	11:37	0.6			6:08	7:52	
2	Tue	6:24	3.9	6:44	4.3	12:00	0.5	12:17	0.4	6:06	7:53	
3	Wed	7:06	4.0	7:26	4.7	12:47	0.3	12:57	0.3	6:05	7:54	
4	Thu	7:48	4.0	8:08	5.0	1:33	0.1	1:36	0.1	6:04	7:55	
5	Fri	8:30	4.0	8:50	5.2	2:17	0.0	2:15	0.0	6:03	7:55	
6	Sat	9:13	4.0	9:34	5.3	3:02	-0.1	2:56	-0.1	6:02	7:56	
7	Sun	9:58	3.9	10:21	5.4	3:48	-0.1	3:40	-0.1	6:01	7:57	
8	Mon	10:45	3.7	11:10	5.3	4:36	-0.1	4:27	0.0	6:00	7:58	
9	Tue	11:34	3.6			5:29	0.1	5:19	0.1	5:59	7:59	
10	Wed	12:03	5.1	12:28	3.5	6:26	0.2	6:18	0.2	5:58	8:00	
11	Thu	12:59	4.9	1:28	3.4	7:25	0.3	7:22	0.2	5:57	8:01	
12	Fri	2:01	4.7	2:34	3.5	8:25	0.3	8:29	0.3	5:56	8:02	
13	Sat	3:06	4.4	3:43	3.7	9:24	0.2	9:37	0.2	5:55	8:02	
14	Sun	4:11	4.3	4:47	4.0	10:20	0.1	10:44	0.1	5:55	8:03	
15	Mon	5:11	4.2	5:44	4.4	11:13	0.0	11:48	0.0	5:54	8:04	
16	Tue	6:05	4.1	6:35	4.7			12:02	-0.1	5:53	8:05	
17	Wed	6:54	3.9	7:22	5.0	12:46	-0.1	12:48	-0.2	5:52	8:06	
18	Thu	7:41	3.8	8:07	5.1	1:38	-0.2	1:32	-0.2	5:51	8:07	
19	Fri	8:27	3.7	8:51	5.1	2:25	-0.2	2:14	-0.2	5:51	8:08	
20	Sat	9:11	3.6	9:34	5.1	3:10	-0.2	2:55	-0.1	5:50	8:08	
21	Sun	9:55	3.5	10:18	4.9	3:53	-0.1	3:37	0.0	5:49	8:09	
22	Mon	10:38	3.4	11:02	4.7	4:37	0.1	4:20	0.2	5:49	8:10	
23	Tue	11:22	3.2	11:47	4.5	5:21	0.3	5:04	0.4	5:48	8:11	
24	Wed			12:07	3.2	6:07	0.5	5:52	0.5	5:47	8:12	
25	Thu	12:34	4.2	12:56	3.1	6:55	0.7	6:44	0.7	5:47	8:12	
26	Fri	1:22	4.0	1:48	3.1	7:43	0.8	7:38	0.8	5:46	8:13	
27	Sat	2:14	3.9	2:44	3.2	8:29	0.8	8:34	0.8	5:46	8:14	
28	Sun	3:07	3.7	3:40	3.4	9:15	0.8	9:31	0.8	5:45	8:15	
29	Mon	4:00	3.7	4:33	3.8	9:59	0.7	10:27	0.7	5:45	8:15	
30	Tue	4:51	3.7	5:21	4.1	10:44	0.5	11:22	0.6	5:44	8:16	
31	Wed	5:39	3.7	6:07	4.5	11:28	0.4			5:44	8:17	