
































## Sand Shoal Inlet, VA - Jun 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:26	3.7	6:52	4.9	12:15	0.4	12:13	0.2	5:44	8:17	
2	Fri	7:12	3.8	7:38	5.2	1:05	0.2	12:59	0.0	5:43	8:18	
3	Sat	7:59	3.8	8:26	5.5	1:54	0.0	1:45	-0.1	5:43	8:19	
4	Sun	8:48	3.8	9:15	5.6	2:43	-0.1	2:32	-0.2	5:43	8:19	
5	Mon	9:38	3.8	10:06	5.6	3:32	-0.2	3:21	-0.3	5:42	8:20	
6	Tue	10:29	3.8	10:58	5.5	4:23	-0.1	4:12	-0.2	5:42	8:20	
7	Wed	11:22	3.7	11:51	5.3	5:16	-0.1	5:08	-0.2	5:42	8:21	
8	Thu			12:17	3.7	6:11	0.0	6:08	0.0	5:42	8:22	
9	Fri	12:46	5.0	1:17	3.7	7:08	0.0	7:11	0.1	5:42	8:22	
10	Sat	1:44	4.6	2:20	3.8	8:03	0.0	8:17	0.2	5:42	8:23	
11	Sun	2:44	4.3	3:25	4.0	8:57	0.0	9:24	0.3	5:42	8:23	
12	Mon	3:45	4.0	4:28	4.2	9:50	0.0	10:31	0.3	5:41	8:23	
13	Tue	4:44	3.7	5:24	4.5	10:41	0.0	11:35	0.2	5:41	8:24	
14	Wed	5:39	3.5	6:15	4.7	11:31	0.0			5:41	8:24	
15	Thu	6:30	3.4	7:02	4.9	12:34	0.2	12:19	0.0	5:42	8:25	
16	Fri	7:17	3.4	7:46	4.9	1:26	0.1	1:05	0.0	5:42	8:25	
17	Sat	8:03	3.3	8:30	4.9	2:11	0.1	1:49	0.0	5:42	8:25	
18	Sun	8:47	3.3	9:14	4.9	2:53	0.1	2:31	0.0	5:42	8:26	
19	Mon	9:30	3.3	9:57	4.8	3:34	0.2	3:13	0.1	5:42	8:26	
20	Tue	10:13	3.3	10:39	4.7	4:14	0.3	3:55	0.2	5:42	8:26	
21	Wed	10:56	3.3	11:21	4.5	4:54	0.4	4:38	0.3	5:42	8:26	
22	Thu	11:40	3.3			5:35	0.5	5:23	0.5	5:43	8:27	
23	Fri	12:03	4.3	12:24	3.3	6:17	0.6	6:10	0.6	5:43	8:27	
24	Sat	12:46	4.1	1:11	3.4	6:59	0.6	7:01	0.7	5:43	8:27	
25	Sun	1:30	3.9	2:01	3.5	7:41	0.7	7:55	0.8	5:43	8:27	
26	Mon	2:17	3.7	2:54	3.7	8:24	0.6	8:50	0.8	5:44	8:27	
27	Tue	3:09	3.6	3:47	4.0	9:08	0.6	9:48	0.8	5:44	8:27	
28	Wed	4:02	3.5	4:40	4.3	9:55	0.5	10:46	0.7	5:45	8:27	
29	Thu	4:56	3.5	5:32	4.7	10:44	0.3	11:44	0.5	5:45	8:27	
30	Fri	5:49	3.5	6:23	5.1	11:36	0.2			5:45	8:27	