

































## Sand Shoal Inlet, VA - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:41	3.6	7:14	5.4	12:40	0.3	12:28	0.0	5:46	8:27	
2	Sun	7:33	3.7	8:06	5.6	1:33	0.1	1:21	-0.2	5:46	8:27	
3	Mon	8:26	3.8	8:59	5.7	2:25	-0.1	2:13	-0.4	5:47	8:27	
4	Tue	9:19	3.9	9:51	5.8	3:15	-0.2	3:06	-0.5	5:47	8:27	
5	Wed	10:13	4.0	10:44	5.6	4:06	-0.3	4:00	-0.5	5:48	8:27	
6	Thu	11:07	4.1	11:35	5.3	4:58	-0.3	4:56	-0.4	5:48	8:26	
7	Fri			12:02	4.1	5:49	-0.2	5:55	-0.2	5:49	8:26	
8	Sat	12:27	5.0	12:59	4.2	6:42	-0.2	6:58	0.0	5:49	8:26	
9	Sun	1:21	4.5	1:58	4.2	7:34	-0.1	8:02	0.2	5:50	8:26	
10	Mon	2:17	4.0	3:00	4.3	8:25	0.0	9:08	0.3	5:51	8:25	
11	Tue	3:16	3.6	4:03	4.4	9:17	0.1	10:15	0.4	5:51	8:25	
12	Wed	4:17	3.3	5:02	4.5	10:10	0.1	11:21	0.4	5:52	8:25	
13	Thu	5:15	3.2	5:55	4.6	11:02	0.2			5:53	8:24	
14	Fri	6:08	3.1	6:44	4.7	12:22	0.4	11:54 AM	0.2	5:53	8:24	
15	Sat	6:56	3.1	7:29	4.7	1:13	0.4	12:43	0.2	5:54	8:23	
16	Sun	7:41	3.2	8:13	4.8	1:56	0.3	1:28	0.1	5:55	8:23	
17	Mon	8:24	3.3	8:55	4.8	2:35	0.3	2:11	0.1	5:55	8:22	
18	Tue	9:07	3.4	9:35	4.8	3:12	0.3	2:52	0.1	5:56	8:22	
19	Wed	9:48	3.5	10:15	4.7	3:47	0.4	3:32	0.2	5:57	8:21	
20	Thu	10:30	3.6	10:53	4.6	4:23	0.4	4:13	0.3	5:58	8:20	
21	Fri	11:11	3.6	11:31	4.4	5:00	0.4	4:55	0.4	5:58	8:20	
22	Sat	11:52	3.7			5:36	0.5	5:39	0.6	5:59	8:19	
23	Sun	12:10	4.2	12:34	3.8	6:14	0.6	6:27	0.7	6:00	8:18	
24	Mon	12:49	4.0	1:19	3.9	6:54	0.6	7:19	0.8	6:01	8:18	
25	Tue	1:33	3.7	2:09	4.0	7:36	0.6	8:14	0.9	6:02	8:17	
26	Wed	2:22	3.5	3:04	4.2	8:22	0.6	9:13	0.8	6:02	8:16	
27	Thu	3:19	3.4	4:02	4.5	9:13	0.5	10:14	0.8	6:03	8:15	
28	Fri	4:19	3.4	5:01	4.8	10:08	0.4	11:17	0.6	6:04	8:14	
29	Sat	5:19	3.4	5:58	5.1	11:07	0.2			6:05	8:14	
30	Sun	6:16	3.6	6:54	5.5	12:17	0.4	12:06	0.0	6:06	8:13	
31	Mon	7:12	3.8	7:49	5.7	1:13	0.1	1:03	-0.3	6:06	8:12	