

































Sand Shoal Inlet, VA - May 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:37	3.6			5:34	-0.2	5:25	-0.2	6:07	7:52	
2	Fri	12:08	5.1	12:33	3.4	6:33	0.0	6:25	0.1	6:06	7:53	
3	Sat	1:06	4.7	1:33	3.2	7:35	0.3	7:28	0.3	6:05	7:54	
4	Sun	2:08	4.3	2:39	3.2	8:36	0.4	8:34	0.4	6:04	7:55	
5	Mon	3:14	4.0	3:49	3.3	9:35	0.5	9:40	0.5	6:03	7:56	
6	Tue	4:18	3.8	4:50	3.5	10:28	0.5	10:43	0.5	6:02	7:57	
7	Wed	5:12	3.7	5:39	3.7	11:14	0.5	11:41	0.5	6:01	7:58	
8	Thu	5:58	3.6	6:20	4.0	11:53	0.4			6:00	7:59	
9	Fri	6:38	3.6	6:59	4.3	12:30	0.4	12:30	0.4	5:59	7:59	
10	Sat	7:17	3.6	7:36	4.5	1:13	0.3	1:05	0.3	5:58	8:00	
11	Sun	7:56	3.6	8:14	4.7	1:52	0.2	1:40	0.3	5:57	8:01	
12	Mon	8:35	3.5	8:53	4.8	2:29	0.2	2:16	0.3	5:56	8:02	
13	Tue	9:14	3.5	9:33	4.8	3:07	0.2	2:53	0.3	5:55	8:03	
14	Wed	9:54	3.5	10:14	4.8	3:45	0.3	3:31	0.3	5:54	8:04	
15	Thu	10:34	3.4	10:56	4.7	4:26	0.4	4:10	0.4	5:53	8:05	
16	Fri	11:15	3.3	11:39	4.6	5:09	0.5	4:53	0.5	5:53	8:05	
17	Sat	11:59	3.3			5:55	0.6	5:41	0.5	5:52	8:06	
18	Sun	12:25	4.5	12:47	3.3	6:44	0.6	6:35	0.6	5:51	8:07	
19	Mon	1:14	4.4	1:42	3.4	7:36	0.6	7:34	0.6	5:50	8:08	
20	Tue	2:09	4.3	2:42	3.6	8:27	0.5	8:37	0.5	5:50	8:09	
21	Wed	3:08	4.2	3:44	3.9	9:19	0.3	9:41	0.4	5:49	8:10	
22	Thu	4:07	4.2	4:43	4.4	10:10	0.2	10:45	0.2	5:48	8:10	
23	Fri	5:05	4.1	5:39	4.9	11:02	-0.1	11:48	0.0	5:48	8:11	
24	Sat	6:00	4.1	6:32	5.3	11:54	-0.3			5:47	8:12	
25	Sun	6:54	4.0	7:25	5.6	12:48	-0.2	12:46	-0.4	5:47	8:13	
26	Mon	7:47	4.0	8:18	5.8	1:44	-0.4	1:37	-0.5	5:46	8:13	
27	Tue	8:41	3.9	9:11	5.8	2:38	-0.5	2:28	-0.6	5:45	8:14	
28	Wed	9:34	3.8	10:04	5.6	3:31	-0.4	3:19	-0.5	5:45	8:15	
29	Thu	10:27	3.7	10:57	5.4	4:24	-0.3	4:12	-0.4	5:45	8:16	
30	Fri	11:20	3.6	11:50	5.0	5:18	-0.1	5:07	-0.2	5:44	8:16	
31	Sat			12:13	3.5	6:12	0.0	6:04	0.1	5:44	8:17	