
































Sand Shoal Inlet, VA - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:43	4.6	1:09	3.4	7:07	0.2	7:04	0.3	5:43	8:18	
2	Mon	1:37	4.2	2:08	3.4	8:00	0.3	8:05	0.5	5:43	8:18	
3	Tue	2:32	3.9	3:09	3.5	8:49	0.4	9:07	0.6	5:43	8:19	
4	Wed	3:28	3.6	4:07	3.6	9:35	0.5	10:07	0.7	5:43	8:20	
5	Thu	4:21	3.4	4:58	3.9	10:18	0.5	11:05	0.7	5:42	8:20	
6	Fri	5:11	3.3	5:42	4.1	11:00	0.5	11:57	0.6	5:42	8:21	
7	Sat	5:56	3.3	6:24	4.4	11:42	0.5			5:42	8:21	
8	Sun	6:40	3.3	7:06	4.6	12:44	0.5	12:24	0.4	5:42	8:22	
9	Mon	7:22	3.3	7:47	4.7	1:26	0.4	1:05	0.3	5:42	8:22	
10	Tue	8:05	3.4	8:29	4.8	2:06	0.4	1:46	0.3	5:42	8:23	
11	Wed	8:47	3.4	9:11	4.9	2:45	0.3	2:26	0.2	5:42	8:23	
12	Thu	9:29	3.4	9:54	4.9	3:25	0.3	3:07	0.2	5:41	8:24	
13	Fri	10:12	3.4	10:36	4.9	4:06	0.3	3:50	0.2	5:41	8:24	
14	Sat	10:55	3.5	11:19	4.8	4:49	0.4	4:34	0.3	5:42	8:25	
15	Sun	11:40	3.5			5:33	0.4	5:23	0.3	5:42	8:25	
16	Mon	12:03	4.7	12:28	3.6	6:19	0.4	6:17	0.4	5:42	8:25	
17	Tue	12:50	4.6	1:21	3.8	7:07	0.3	7:16	0.4	5:42	8:26	
18	Wed	1:41	4.3	2:18	4.0	7:55	0.2	8:18	0.4	5:42	8:26	
19	Thu	2:36	4.1	3:18	4.3	8:45	0.1	9:22	0.4	5:42	8:26	
20	Fri	3:35	3.9	4:18	4.7	9:37	0.0	10:28	0.3	5:42	8:26	
21	Sat	4:36	3.7	5:17	5.0	10:31	-0.1	11:32	0.1	5:42	8:27	
22	Sun	5:35	3.6	6:13	5.3	11:26	-0.2			5:43	8:27	
23	Mon	6:32	3.6	7:09	5.5	12:35	0.0	12:23	-0.4	5:43	8:27	
24	Tue	7:28	3.6	8:03	5.6	1:32	-0.2	1:18	-0.5	5:43	8:27	
25	Wed	8:22	3.7	8:57	5.6	2:26	-0.2	2:11	-0.5	5:44	8:27	
26	Thu	9:16	3.7	9:49	5.4	3:17	-0.3	3:03	-0.5	5:44	8:27	
27	Fri	10:08	3.7	10:39	5.2	4:07	-0.2	3:55	-0.4	5:44	8:27	
28	Sat	10:59	3.7	11:27	4.9	4:55	-0.1	4:47	-0.2	5:45	8:27	
29	Sun	11:49	3.7			5:43	0.0	5:40	0.1	5:45	8:27	
30	Mon	12:13	4.5	12:39	3.6	6:30	0.2	6:34	0.3	5:46	8:27	