

































Sand Shoal Inlet, VA - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:59	4.1	1:30	3.6	7:15	0.3	7:30	0.5	5:46	8:27	
2	Wed	1:46	3.7	2:23	3.7	7:58	0.4	8:27	0.7	5:47	8:27	
3	Thu	2:36	3.4	3:17	3.8	8:41	0.5	9:24	0.8	5:47	8:27	
4	Fri	3:29	3.2	4:11	3.9	9:24	0.6	10:22	0.9	5:48	8:27	
5	Sat	4:23	3.1	5:02	4.1	10:10	0.6	11:18	0.8	5:48	8:27	
6	Sun	5:15	3.1	5:50	4.3	10:58	0.6			5:49	8:26	
7	Mon	6:04	3.1	6:37	4.5	12:10	0.8	11:46 AM	0.5	5:49	8:26	
8	Tue	6:50	3.2	7:22	4.7	12:57	0.7	12:33	0.4	5:50	8:26	
9	Wed	7:36	3.3	8:06	4.9	1:40	0.5	1:19	0.3	5:50	8:25	
10	Thu	8:20	3.5	8:50	5.0	2:21	0.4	2:03	0.1	5:51	8:25	
11	Fri	9:05	3.6	9:33	5.1	3:02	0.3	2:47	0.1	5:52	8:25	
12	Sat	9:49	3.7	10:15	5.1	3:42	0.2	3:32	0.0	5:52	8:24	
13	Sun	10:34	3.9	10:57	5.0	4:24	0.2	4:18	0.1	5:53	8:24	
14	Mon	11:19	4.0	11:41	4.8	5:06	0.1	5:08	0.1	5:54	8:23	
15	Tue			12:07	4.2	5:50	0.1	6:02	0.2	5:54	8:23	
16	Wed	12:26	4.6	12:58	4.3	6:35	0.1	7:00	0.3	5:55	8:22	
17	Thu	1:15	4.2	1:54	4.5	7:23	0.1	8:02	0.4	5:56	8:22	
18	Fri	2:09	3.9	2:54	4.6	8:15	0.1	9:07	0.4	5:57	8:21	
19	Sat	3:10	3.6	3:57	4.8	9:09	0.1	10:14	0.4	5:57	8:21	
20	Sun	4:14	3.4	5:00	5.0	10:07	0.0	11:21	0.4	5:58	8:20	
21	Mon	5:17	3.3	6:01	5.1	11:08	-0.1			5:59	8:19	
22	Tue	6:18	3.4	6:58	5.3	12:25	0.2	12:08	-0.2	6:00	8:19	
23	Wed	7:14	3.5	7:53	5.3	1:23	0.1	1:05	-0.3	6:00	8:18	
24	Thu	8:08	3.7	8:43	5.3	2:14	0.0	1:59	-0.4	6:01	8:17	
25	Fri	8:59	3.8	9:31	5.2	3:00	-0.1	2:49	-0.4	6:02	8:16	
26	Sat	9:47	3.9	10:16	5.0	3:44	-0.1	3:37	-0.3	6:03	8:16	
27	Sun	10:34	4.0	10:58	4.7	4:25	0.0	4:25	-0.1	6:04	8:15	
28	Mon	11:18	4.0	11:39	4.4	5:05	0.1	5:12	0.1	6:04	8:14	
29	Tue			12:03	4.0	5:45	0.2	6:01	0.4	6:05	8:13	
30	Wed	12:20	4.0	12:48	4.0	6:25	0.4	6:52	0.6	6:06	8:12	
31	Thu	1:03	3.7	1:35	4.0	7:06	0.5	7:45	0.8	6:07	8:11	