































## Sand Shoal Inlet, VA - Aug 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:49	3.4	2:27	4.0	7:48	0.7	8:40	1.0	6:08	8:10	
2	Sat	2:40	3.1	3:23	4.0	8:35	0.7	9:37	1.1	6:08	8:09	
3	Sun	3:37	3.0	4:21	4.1	9:25	0.8	10:36	1.1	6:09	8:08	
4	Mon	4:35	3.0	5:17	4.3	10:18	0.7	11:33	1.0	6:10	8:07	
5	Tue	5:30	3.1	6:08	4.5	11:12	0.6			6:11	8:06	
6	Wed	6:20	3.3	6:56	4.8	12:25	0.8	12:05	0.5	6:12	8:05	
7	Thu	7:08	3.5	7:41	5.0	1:10	0.7	12:54	0.3	6:13	8:04	
8	Fri	7:54	3.8	8:24	5.2	1:52	0.5	1:41	0.1	6:13	8:03	
9	Sat	8:39	4.0	9:07	5.3	2:33	0.3	2:27	-0.1	6:14	8:02	
10	Sun	9:24	4.3	9:50	5.3	3:13	0.1	3:14	-0.1	6:15	8:01	
11	Mon	10:10	4.5	10:33	5.1	3:53	0.0	4:02	-0.1	6:16	8:00	
12	Tue	10:56	4.7	11:17	4.8	4:35	-0.1	4:53	0.0	6:17	7:58	
13	Wed	11:44	4.9			5:18	-0.1	5:47	0.1	6:18	7:57	
14	Thu	12:03	4.5	12:35	4.9	6:04	0.0	6:46	0.3	6:19	7:56	
15	Fri	12:53	4.1	1:31	4.9	6:55	0.1	7:48	0.5	6:19	7:55	
16	Sat	1:48	3.7	2:33	4.8	7:49	0.2	8:55	0.6	6:20	7:53	
17	Sun	2:51	3.4	3:41	4.8	8:49	0.2	10:04	0.6	6:21	7:52	
18	Mon	4:00	3.3	4:50	4.9	9:52	0.2	11:14	0.6	6:22	7:51	
19	Tue	5:08	3.3	5:54	5.0	10:57	0.2			6:23	7:50	
20	Wed	6:10	3.5	6:50	5.0	12:18	0.5	12:00	0.1	6:24	7:48	
21	Thu	7:04	3.7	7:40	5.1	1:11	0.3	12:56	-0.1	6:24	7:47	
22	Fri	7:54	3.9	8:26	5.1	1:56	0.2	1:47	-0.1	6:25	7:46	
23	Sat	8:39	4.1	9:07	5.0	2:36	0.1	2:34	-0.1	6:26	7:44	
24	Sun	9:23	4.3	9:47	4.8	3:13	0.1	3:18	-0.1	6:27	7:43	
25	Mon	10:04	4.4	10:26	4.5	3:49	0.1	4:01	0.1	6:28	7:41	
26	Tue	10:45	4.4	11:04	4.2	4:24	0.2	4:44	0.3	6:29	7:40	
27	Wed	11:25	4.4	11:43	3.9	4:59	0.4	5:28	0.5	6:29	7:39	
28	Thu			12:07	4.4	5:36	0.5	6:15	0.7	6:30	7:37	
29	Fri	12:23	3.6	12:52	4.3	6:16	0.7	7:04	0.9	6:31	7:36	
30	Sat	1:07	3.4	1:41	4.2	7:00	0.9	7:58	1.1	6:32	7:34	
31	Sun	1:57	3.2	2:38	4.1	7:50	1.0	8:56	1.2	6:33	7:33	