
































## Sand Shoal Inlet, VA - Sep 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:55	3.1	3:41	4.2	8:44	1.0	9:56	1.2	6:34	7:31	
2	Tue	3:58	3.1	4:42	4.3	9:42	0.9	10:55	1.1	6:34	7:30	
3	Wed	4:57	3.3	5:36	4.6	10:41	0.8	11:48	1.0	6:35	7:28	
4	Thu	5:50	3.6	6:25	4.9	11:37	0.5			6:36	7:27	
5	Fri	6:39	3.9	7:11	5.1	12:35	0.7	12:29	0.3	6:37	7:25	
6	Sat	7:26	4.3	7:55	5.3	1:18	0.4	1:19	0.1	6:38	7:24	
7	Sun	8:12	4.7	8:39	5.3	1:59	0.2	2:08	-0.1	6:38	7:22	
8	Mon	8:58	5.0	9:23	5.3	2:39	0.0	2:56	-0.2	6:39	7:21	
9	Tue	9:45	5.3	10:08	5.0	3:20	-0.2	3:46	-0.2	6:40	7:19	
10	Wed	10:33	5.5	10:54	4.7	4:03	-0.2	4:38	-0.1	6:41	7:18	
11	Thu	11:22	5.5	11:42	4.3	4:48	-0.1	5:33	0.1	6:42	7:16	
12	Fri			12:15	5.4	5:36	0.0	6:32	0.3	6:43	7:15	
13	Sat	12:34	3.9	1:12	5.2	6:30	0.2	7:36	0.5	6:43	7:13	
14	Sun	1:32	3.6	2:17	4.9	7:30	0.3	8:45	0.7	6:44	7:12	
15	Mon	2:39	3.3	3:29	4.8	8:35	0.4	9:56	0.7	6:45	7:10	
16	Tue	3:53	3.3	4:42	4.7	9:43	0.5	11:05	0.7	6:46	7:09	
17	Wed	5:04	3.4	5:45	4.8	10:50	0.4			6:47	7:07	
18	Thu	6:04	3.7	6:37	4.8	12:03	0.6	11:53 AM	0.3	6:48	7:06	
19	Fri	6:53	3.9	7:21	4.8	12:51	0.4	12:47	0.2	6:48	7:04	
20	Sat	7:36	4.2	8:01	4.7	1:30	0.3	1:34	0.1	6:49	7:03	
21	Sun	8:17	4.5	8:39	4.6	2:05	0.2	2:17	0.1	6:50	7:01	
22	Mon	8:55	4.6	9:16	4.5	2:37	0.2	2:58	0.1	6:51	6:59	
23	Tue	9:34	4.8	9:53	4.3	3:10	0.2	3:37	0.2	6:52	6:58	
24	Wed	10:12	4.8	10:31	4.1	3:43	0.3	4:16	0.4	6:53	6:56	
25	Thu	10:51	4.7	11:09	3.8	4:17	0.5	4:58	0.6	6:53	6:55	
26	Fri	11:31	4.6	11:49	3.6	4:53	0.6	5:41	0.8	6:54	6:53	
27	Sat			12:15	4.5	5:33	0.8	6:29	1.0	6:55	6:52	
28	Sun	12:32	3.4	1:03	4.3	6:18	1.0	7:22	1.2	6:56	6:50	
29	Mon	1:20	3.2	1:59	4.2	7:10	1.0	8:19	1.3	6:57	6:49	
30	Tue	2:18	3.1	3:01	4.3	8:08	1.1	9:18	1.3	6:58	6:47	