

































Sand Shoal Inlet, VA - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:17	4.6	6:30	3.6			12:28	-0.2	6:33	5:57	
2	Mon	7:05	4.6	7:18	3.9	12:28	-0.6	1:11	-0.3	6:32	5:58	
3	Tue	7:49	4.6	8:03	4.1	1:17	-0.7	1:50	-0.4	6:30	5:58	
4	Wed	8:30	4.4	8:45	4.3	2:03	-0.7	2:28	-0.4	6:29	5:59	
5	Thu	9:09	4.2	9:26	4.3	2:46	-0.6	3:04	-0.3	6:28	6:00	
6	Fri	9:48	3.9	10:07	4.3	3:29	-0.4	3:40	-0.2	6:26	6:01	
7	Sat	10:27	3.6	10:48	4.1	4:13	-0.1	4:18	0.0	6:25	6:02	
8	Sun			12:07	3.3	5:58	0.1	5:58	0.2	7:23	7:03	
9	Mon	12:31	4.0	12:49	3.0	6:45	0.4	6:42	0.4	7:22	7:04	
10	Tue	1:19	3.8	1:37	2.8	7:36	0.7	7:31	0.5	7:20	7:05	
11	Wed	2:15	3.6	2:32	2.7	8:32	0.8	8:26	0.6	7:19	7:06	
12	Thu	3:17	3.6	3:34	2.7	9:31	0.9	9:24	0.6	7:18	7:07	
13	Fri	4:21	3.7	4:36	2.8	10:31	0.9	10:23	0.5	7:16	7:08	
14	Sat	5:19	3.9	5:31	3.1	11:26	0.7	11:20	0.3	7:15	7:09	
15	Sun	6:09	4.1	6:21	3.4			12:14	0.5	7:13	7:10	
16	Mon	6:54	4.3	7:07	3.8	12:13	0.1	12:56	0.3	7:12	7:11	
17	Tue	7:37	4.5	7:51	4.2	1:03	-0.2	1:36	0.0	7:10	7:12	
18	Wed	8:19	4.6	8:35	4.6	1:50	-0.4	2:15	-0.2	7:09	7:13	
19	Thu	9:02	4.6	9:20	4.9	2:36	-0.5	2:55	-0.3	7:07	7:14	
20	Fri	9:45	4.5	10:05	5.1	3:23	-0.6	3:36	-0.4	7:06	7:14	
21	Sat	10:29	4.3	10:52	5.1	4:12	-0.5	4:19	-0.4	7:04	7:15	
22	Sun	11:16	4.0	11:42	5.1	5:03	-0.4	5:05	-0.3	7:03	7:16	
23	Mon			12:05	3.7	5:58	-0.2	5:57	-0.2	7:01	7:17	
24	Tue	12:36	4.9	12:59	3.4	6:58	0.1	6:55	0.0	7:00	7:18	
25	Wed	1:37	4.6	2:01	3.1	8:03	0.3	7:59	0.1	6:58	7:19	
26	Thu	2:46	4.4	3:11	3.0	9:11	0.4	9:07	0.1	6:57	7:20	
27	Fri	3:59	4.3	4:25	3.1	10:19	0.4	10:17	0.1	6:55	7:21	
28	Sat	5:09	4.3	5:31	3.4	11:23	0.3	11:24	0.0	6:54	7:22	
29	Sun	6:08	4.3	6:27	3.7			12:16	0.1	6:52	7:23	
30	Mon	6:57	4.3	7:14	4.0	12:24	-0.2	1:01	0.0	6:51	7:23	
31	Tue	7:41	4.2	7:57	4.3	1:17	-0.3	1:40	-0.1	6:49	7:24	