

Sand Shoal Inlet, VA - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:30	3.6	8:49	4.8	2:26	0.0	2:16	0.1	6:07	7:52	
2	Sat	9:10	3.6	9:28	4.8	3:05	0.0	2:52	0.1	6:06	7:53	
3	Sun	9:49	3.5	10:09	4.7	3:43	0.1	3:29	0.2	6:05	7:54	
4	Mon	10:29	3.4	10:50	4.6	4:22	0.3	4:07	0.3	6:04	7:55	
5	Tue	11:10	3.3	11:32	4.4	5:03	0.4	4:48	0.5	6:03	7:56	
6	Wed	11:52	3.2			5:46	0.6	5:32	0.6	6:02	7:57	
7	Thu	12:17	4.3	12:37	3.1	6:33	0.7	6:21	0.7	6:01	7:57	
8	Fri	1:04	4.1	1:27	3.1	7:22	0.8	7:15	0.8	6:00	7:58	
9	Sat	1:55	4.0	2:22	3.2	8:12	0.8	8:13	0.8	5:59	7:59	
10	Sun	2:50	4.0	3:21	3.5	9:01	0.7	9:12	0.7	5:58	8:00	
11	Mon	3:46	4.0	4:18	3.8	9:50	0.6	10:13	0.5	5:57	8:01	
12	Tue	4:41	4.0	5:11	4.3	10:39	0.4	11:12	0.3	5:56	8:02	
13	Wed	5:33	4.1	6:02	4.8	11:28	0.1			5:55	8:03	
14	Thu	6:24	4.1	6:52	5.2	12:10	0.1	12:16	-0.1	5:54	8:04	
15	Fri	7:15	4.1	7:42	5.6	1:06	-0.2	1:05	-0.3	5:54	8:04	
16	Sat	8:06	4.1	8:34	5.8	1:59	-0.4	1:54	-0.5	5:53	8:05	
17	Sun	8:58	4.0	9:26	5.9	2:51	-0.5	2:44	-0.5	5:52	8:06	
18	Mon	9:50	4.0	10:20	5.8	3:44	-0.4	3:36	-0.5	5:51	8:07	
19	Tue	10:44	3.8	11:15	5.5	4:38	-0.3	4:30	-0.4	5:50	8:08	
20	Wed	11:39	3.7			5:35	-0.2	5:28	-0.2	5:50	8:09	
21	Thu	12:11	5.2	12:37	3.6	6:33	0.0	6:30	0.0	5:49	8:09	
22	Fri	1:08	4.8	1:39	3.6	7:32	0.1	7:35	0.2	5:48	8:10	
23	Sat	2:08	4.4	2:45	3.6	8:29	0.2	8:41	0.3	5:48	8:11	
24	Sun	3:10	4.0	3:51	3.7	9:23	0.2	9:48	0.4	5:47	8:12	
25	Mon	4:11	3.8	4:51	4.0	10:14	0.2	10:53	0.4	5:47	8:13	
26	Tue	5:06	3.6	5:41	4.2	11:01	0.2	11:52	0.4	5:46	8:13	
27	Wed	5:55	3.4	6:24	4.4	11:45	0.2			5:46	8:14	
28	Thu	6:38	3.4	7:04	4.6	12:43	0.3	12:26	0.2	5:45	8:15	
29	Fri	7:20	3.3	7:44	4.7	1:27	0.3	1:06	0.2	5:45	8:15	
30	Sat	8:01	3.3	8:24	4.7	2:07	0.2	1:45	0.2	5:44	8:16	
31	Sun	8:42	3.3	9:05	4.8	2:44	0.3	2:24	0.2	5:44	8:17	