

Sand Shoal Inlet, VA - Jun 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:23	3.3	9:47	4.7	3:22	0.3	3:03	0.2	5:44	8:18	
2	Tue	10:04	3.3	10:28	4.7	4:00	0.4	3:42	0.3	5:43	8:18	
3	Wed	10:46	3.3	11:09	4.6	4:40	0.5	4:23	0.4	5:43	8:19	
4	Thu	11:28	3.3	11:51	4.5	5:21	0.5	5:07	0.5	5:43	8:19	
5	Fri			12:11	3.3	6:04	0.6	5:54	0.6	5:42	8:20	
6	Sat	12:33	4.3	12:58	3.4	6:48	0.6	6:46	0.7	5:42	8:21	
7	Sun	1:19	4.2	1:49	3.6	7:33	0.6	7:43	0.7	5:42	8:21	
8	Mon	2:08	4.0	2:44	3.8	8:19	0.5	8:42	0.7	5:42	8:22	
9	Tue	3:02	3.9	3:42	4.2	9:07	0.4	9:43	0.5	5:42	8:22	
10	Wed	3:59	3.8	4:38	4.6	9:57	0.2	10:46	0.4	5:42	8:23	
11	Thu	4:57	3.8	5:33	5.0	10:49	0.0	11:47	0.2	5:42	8:23	
12	Fri	5:53	3.8	6:28	5.4	11:43	-0.2			5:41	8:24	
13	Sat	6:48	3.8	7:22	5.7	12:47	-0.1	12:38	-0.4	5:41	8:24	
14	Sun	7:43	3.8	8:17	5.8	1:43	-0.2	1:32	-0.5	5:41	8:24	
15	Mon	8:38	3.9	9:12	5.9	2:37	-0.4	2:26	-0.6	5:42	8:25	
16	Tue	9:33	3.9	10:06	5.7	3:30	-0.4	3:21	-0.6	5:42	8:25	
17	Wed	10:28	3.9	11:00	5.5	4:23	-0.4	4:16	-0.5	5:42	8:26	
18	Thu	11:23	3.9	11:52	5.1	5:17	-0.3	5:13	-0.3	5:42	8:26	
19	Fri			12:19	3.9	6:10	-0.2	6:13	-0.1	5:42	8:26	
20	Sat	12:45	4.7	1:16	3.9	7:02	0.0	7:15	0.2	5:42	8:26	
21	Sun	1:37	4.2	2:15	3.9	7:53	0.1	8:18	0.4	5:42	8:27	
22	Mon	2:32	3.8	3:16	3.9	8:42	0.2	9:21	0.5	5:43	8:27	
23	Tue	3:29	3.4	4:14	4.0	9:30	0.3	10:25	0.6	5:43	8:27	
24	Wed	4:25	3.2	5:06	4.2	10:17	0.4	11:25	0.6	5:43	8:27	
25	Thu	5:17	3.1	5:53	4.3	11:03	0.4			5:44	8:27	
26	Fri	6:05	3.1	6:37	4.4	12:19	0.6	11:49 AM	0.4	5:44	8:27	
27	Sat	6:50	3.1	7:20	4.6	1:05	0.5	12:34	0.3	5:44	8:27	
28	Sun	7:33	3.2	8:03	4.7	1:45	0.5	1:18	0.3	5:45	8:27	
29	Mon	8:16	3.3	8:45	4.7	2:23	0.4	1:59	0.2	5:45	8:27	
30	Tue	8:58	3.4	9:26	4.8	3:00	0.4	2:40	0.2	5:45	8:27	