

Sand Shoal Inlet, VA - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:40	3.4	10:06	4.8	3:37	0.4	3:20	0.2	5:46	8:27	
2	Thu	10:22	3.5	10:45	4.7	4:14	0.4	4:01	0.3	5:46	8:27	
3	Fri	11:03	3.6	11:24	4.6	4:53	0.4	4:44	0.4	5:47	8:27	
4	Sat	11:45	3.7			5:32	0.4	5:31	0.5	5:47	8:27	
5	Sun	12:03	4.4	12:30	3.8	6:13	0.4	6:22	0.5	5:48	8:27	
6	Mon	12:45	4.2	1:17	4.0	6:55	0.4	7:17	0.6	5:49	8:26	
7	Tue	1:32	4.0	2:11	4.2	7:40	0.3	8:16	0.6	5:49	8:26	
8	Wed	2:25	3.8	3:09	4.5	8:29	0.3	9:19	0.6	5:50	8:26	
9	Thu	3:24	3.6	4:10	4.8	9:22	0.2	10:24	0.5	5:50	8:26	
10	Fri	4:27	3.5	5:10	5.1	10:19	0.0	11:29	0.3	5:51	8:25	
11	Sat	5:28	3.5	6:10	5.4	11:19	-0.1			5:52	8:25	
12	Sun	6:28	3.6	7:08	5.6	12:31	0.1	12:19	-0.3	5:52	8:24	
13	Mon	7:25	3.7	8:04	5.7	1:29	-0.1	1:17	-0.5	5:53	8:24	
14	Tue	8:22	3.9	8:58	5.7	2:23	-0.2	2:13	-0.6	5:54	8:24	
15	Wed	9:17	4.0	9:50	5.6	3:14	-0.3	3:07	-0.6	5:54	8:23	
16	Thu	10:10	4.1	10:40	5.3	4:03	-0.3	4:01	-0.5	5:55	8:23	
17	Fri	11:03	4.2	11:28	4.9	4:50	-0.3	4:55	-0.3	5:56	8:22	
18	Sat	11:54	4.2			5:38	-0.2	5:51	-0.1	5:56	8:21	
19	Sun	12:15	4.5	12:45	4.2	6:24	0.0	6:48	0.2	5:57	8:21	
20	Mon	1:02	4.0	1:37	4.1	7:10	0.1	7:47	0.5	5:58	8:20	
21	Tue	1:51	3.6	2:32	4.1	7:57	0.3	8:47	0.7	5:59	8:20	
22	Wed	2:44	3.2	3:30	4.1	8:44	0.4	9:49	0.8	5:59	8:19	
23	Thu	3:41	3.0	4:28	4.1	9:33	0.6	10:51	0.9	6:00	8:18	
24	Fri	4:39	2.9	5:22	4.2	10:24	0.6	11:49	0.9	6:01	8:17	
25	Sat	5:32	3.0	6:11	4.3	11:16	0.6			6:02	8:17	
26	Sun	6:21	3.1	6:57	4.5	12:38	0.8	12:06	0.5	6:03	8:16	
27	Mon	7:06	3.3	7:40	4.7	1:19	0.7	12:53	0.4	6:03	8:15	
28	Tue	7:50	3.4	8:21	4.8	1:57	0.6	1:37	0.3	6:04	8:14	
29	Wed	8:33	3.6	9:01	4.9	2:32	0.5	2:18	0.2	6:05	8:13	
30	Thu	9:14	3.8	9:40	4.9	3:08	0.4	2:59	0.2	6:06	8:12	
31	Fri	9:56	4.0	10:18	4.9	3:43	0.3	3:40	0.2	6:07	8:11	