

Sand Shoal Inlet, VA - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:36	4.1	10:56	4.7	4:19	0.3	4:24	0.2	6:07	8:10	
2	Sun	11:18	4.3	11:35	4.5	4:57	0.3	5:10	0.3	6:08	8:10	
3	Mon			12:01	4.4	5:36	0.3	6:01	0.4	6:09	8:09	
4	Tue	12:17	4.2	12:49	4.5	6:19	0.3	6:56	0.5	6:10	8:08	
5	Wed	1:03	3.9	1:42	4.6	7:06	0.3	7:56	0.6	6:11	8:06	
6	Thu	1:57	3.6	2:43	4.7	7:59	0.3	9:01	0.7	6:12	8:05	
7	Fri	2:59	3.4	3:49	4.9	8:57	0.3	10:08	0.6	6:12	8:04	
8	Sat	4:06	3.4	4:55	5.0	10:00	0.2	11:15	0.5	6:13	8:03	
9	Sun	5:13	3.4	5:58	5.3	11:04	0.0			6:14	8:02	
10	Mon	6:15	3.6	6:56	5.4	12:19	0.3	12:07	-0.2	6:15	8:01	
11	Tue	7:12	3.9	7:50	5.5	1:15	0.1	1:07	-0.4	6:16	8:00	
12	Wed	8:07	4.2	8:41	5.5	2:05	-0.1	2:02	-0.5	6:17	7:59	
13	Thu	8:59	4.4	9:29	5.3	2:51	-0.2	2:54	-0.5	6:17	7:57	
14	Fri	9:49	4.5	10:15	5.1	3:35	-0.3	3:44	-0.4	6:18	7:56	
15	Sat	10:36	4.6	10:59	4.7	4:17	-0.2	4:35	-0.2	6:19	7:55	
16	Sun	11:23	4.6	11:42	4.3	4:59	-0.1	5:25	0.1	6:20	7:54	
17	Mon			12:09	4.5	5:41	0.1	6:17	0.4	6:21	7:52	
18	Tue	12:25	3.9	12:56	4.4	6:25	0.3	7:12	0.6	6:22	7:51	
19	Wed	1:11	3.5	1:48	4.2	7:10	0.5	8:08	0.9	6:23	7:50	
20	Thu	2:02	3.2	2:45	4.1	7:59	0.7	9:08	1.0	6:23	7:49	
21	Fri	2:59	3.0	3:47	4.1	8:52	0.8	10:10	1.1	6:24	7:47	
22	Sat	4:01	3.0	4:48	4.2	9:48	0.8	11:11	1.1	6:25	7:46	
23	Sun	5:00	3.1	5:42	4.3	10:44	0.8			6:26	7:45	
24	Mon	5:52	3.3	6:29	4.5	12:02	1.0	11:38 AM	0.6	6:27	7:43	
25	Tue	6:39	3.5	7:12	4.7	12:44	0.9	12:27	0.5	6:28	7:42	
26	Wed	7:22	3.8	7:52	4.9	1:22	0.7	1:12	0.3	6:28	7:40	
27	Thu	8:05	4.1	8:31	5.0	1:57	0.5	1:55	0.2	6:29	7:39	
28	Fri	8:46	4.4	9:09	5.0	2:32	0.3	2:37	0.1	6:30	7:38	
29	Sat	9:27	4.6	9:48	4.9	3:08	0.2	3:20	0.1	6:31	7:36	
30	Sun	10:08	4.8	10:28	4.7	3:44	0.2	4:04	0.1	6:32	7:35	
31	Mon	10:51	5.0	11:09	4.5	4:22	0.2	4:52	0.2	6:33	7:33	