






























## Sand Shoal Inlet, VA - Aug 2029

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Wed | 1:00  | 3.6 | 1:34  | 4.0 | 7:01  | 0.6  | 7:42  | 0.9  | 6:08  | 8:10 |    |
| 2    | Thu | 1:47  | 3.4 | 2:27  | 4.0 | 7:46  | 0.7  | 8:36  | 1.0  | 6:08  | 8:09 |    |
| 3    | Fri | 2:39  | 3.2 | 3:24  | 4.1 | 8:34  | 0.7  | 9:33  | 1.1  | 6:09  | 8:08 |    |
| 4    | Sat | 3:36  | 3.1 | 4:22  | 4.2 | 9:26  | 0.7  | 10:31 | 1.0  | 6:10  | 8:07 |    |
| 5    | Sun | 4:34  | 3.2 | 5:17  | 4.4 | 10:21 | 0.6  | 11:27 | 0.9  | 6:11  | 8:06 |    |
| 6    | Mon | 5:29  | 3.4 | 6:08  | 4.7 | 11:16 | 0.5  |       |      | 6:12  | 8:05 |    |
| 7    | Tue | 6:20  | 3.6 | 6:55  | 5.0 | 12:19 | 0.7  | 12:09 | 0.3  | 6:13  | 8:04 |    |
| 8    | Wed | 7:09  | 3.9 | 7:41  | 5.2 | 1:06  | 0.5  | 1:00  | 0.1  | 6:14  | 8:03 |    |
| 9    | Thu | 7:57  | 4.2 | 8:26  | 5.4 | 1:50  | 0.2  | 1:49  | -0.1 | 6:14  | 8:02 |    |
| 10   | Fri | 8:44  | 4.5 | 9:11  | 5.4 | 2:32  | 0.0  | 2:37  | -0.3 | 6:15  | 8:01 |    |
| 11   | Sat | 9:32  | 4.8 | 9:56  | 5.3 | 3:15  | -0.2 | 3:26  | -0.3 | 6:16  | 7:59 |    |
| 12   | Sun | 10:20 | 5.0 | 10:42 | 5.1 | 3:58  | -0.3 | 4:17  | -0.3 | 6:17  | 7:58 |   |
| 13   | Mon | 11:09 | 5.1 | 11:29 | 4.8 | 4:42  | -0.3 | 5:10  | -0.1 | 6:18  | 7:57 |  |
| 14   | Tue |       |     | 12:00 | 5.1 | 5:29  | -0.2 | 6:07  | 0.1  | 6:19  | 7:56 |  |
| 15   | Wed | 12:18 | 4.4 | 12:54 | 5.0 | 6:20  | -0.1 | 7:08  | 0.3  | 6:19  | 7:55 |  |
| 16   | Thu | 1:12  | 4.0 | 1:54  | 4.9 | 7:14  | 0.0  | 8:12  | 0.4  | 6:20  | 7:53 |  |
| 17   | Fri | 2:11  | 3.6 | 2:59  | 4.8 | 8:13  | 0.1  | 9:20  | 0.6  | 6:21  | 7:52 |  |
| 18   | Sat | 3:17  | 3.4 | 4:09  | 4.7 | 9:15  | 0.2  | 10:29 | 0.6  | 6:22  | 7:51 |  |
| 19   | Sun | 4:26  | 3.4 | 5:15  | 4.8 | 10:19 | 0.2  | 11:35 | 0.5  | 6:23  | 7:49 |  |
| 20   | Mon | 5:31  | 3.4 | 6:14  | 4.8 | 11:22 | 0.1  |       |      | 6:24  | 7:48 |  |
| 21   | Tue | 6:28  | 3.6 | 7:04  | 4.9 | 12:32 | 0.4  | 12:20 | 0.0  | 6:24  | 7:47 |  |
| 22   | Wed | 7:17  | 3.9 | 7:49  | 4.9 | 1:19  | 0.3  | 1:12  | 0.0  | 6:25  | 7:45 |  |
| 23   | Thu | 8:02  | 4.1 | 8:30  | 4.8 | 2:00  | 0.2  | 1:59  | -0.1 | 6:26  | 7:44 |  |
| 24   | Fri | 8:45  | 4.2 | 9:09  | 4.7 | 2:36  | 0.1  | 2:42  | -0.1 | 6:27  | 7:43 |  |
| 25   | Sat | 9:26  | 4.4 | 9:47  | 4.6 | 3:11  | 0.1  | 3:23  | 0.0  | 6:28  | 7:41 |  |
| 26   | Sun | 10:06 | 4.5 | 10:25 | 4.4 | 3:45  | 0.2  | 4:03  | 0.2  | 6:29  | 7:40 |  |
| 27   | Mon | 10:45 | 4.5 | 11:03 | 4.2 | 4:20  | 0.3  | 4:45  | 0.4  | 6:29  | 7:39 |  |
| 28   | Tue | 11:26 | 4.5 | 11:42 | 3.9 | 4:56  | 0.4  | 5:28  | 0.6  | 6:30  | 7:37 |  |
| 29   | Wed |       |     | 12:08 | 4.4 | 5:34  | 0.6  | 6:13  | 0.8  | 6:31  | 7:36 |  |
| 30   | Thu | 12:23 | 3.7 | 12:53 | 4.3 | 6:16  | 0.7  | 7:03  | 1.0  | 6:32  | 7:34 |  |
| 31   | Fri | 1:07  | 3.4 | 1:44  | 4.2 | 7:02  | 0.8  | 7:57  | 1.1  | 6:33  | 7:33 |  |