

































## Sand Shoal Inlet, VA - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:28	4.2	10:53	5.3	4:17	-0.6	4:18	-0.5	6:07	7:52	
2	Mon	11:18	3.9	11:43	5.0	5:08	-0.4	5:09	-0.3	6:06	7:53	
3	Tue			12:08	3.7	6:01	-0.1	6:02	0.0	6:05	7:54	
4	Wed	12:34	4.6	1:01	3.5	6:56	0.1	6:58	0.2	6:04	7:55	
5	Thu	1:27	4.2	1:57	3.4	7:50	0.3	7:56	0.4	6:03	7:56	
6	Fri	2:23	3.9	2:57	3.3	8:43	0.5	8:55	0.6	6:02	7:57	
7	Sat	3:22	3.7	3:56	3.4	9:35	0.5	9:53	0.6	6:01	7:58	
8	Sun	4:19	3.6	4:51	3.6	10:23	0.5	10:49	0.6	6:00	7:59	
9	Mon	5:10	3.6	5:38	3.9	11:08	0.5	11:41	0.5	5:59	8:00	
10	Tue	5:56	3.7	6:21	4.2	11:50	0.4			5:58	8:00	
11	Wed	6:40	3.7	7:03	4.5	12:28	0.4	12:31	0.3	5:57	8:01	
12	Thu	7:21	3.8	7:43	4.7	1:11	0.3	1:11	0.2	5:56	8:02	
13	Fri	8:03	3.9	8:24	4.9	1:52	0.2	1:50	0.2	5:55	8:03	
14	Sat	8:44	3.9	9:05	5.0	2:32	0.1	2:29	0.1	5:54	8:04	
15	Sun	9:26	3.9	9:47	5.0	3:13	0.1	3:09	0.1	5:53	8:05	
16	Mon	10:08	3.9	10:29	5.0	3:55	0.1	3:51	0.1	5:52	8:06	
17	Tue	10:52	3.8	11:13	5.0	4:39	0.1	4:35	0.2	5:52	8:06	
18	Wed	11:37	3.8			5:25	0.2	5:24	0.2	5:51	8:07	
19	Thu	12:00	4.9	12:26	3.8	6:15	0.2	6:18	0.3	5:50	8:08	
20	Fri	12:50	4.7	1:20	3.8	7:07	0.2	7:17	0.3	5:50	8:09	
21	Sat	1:44	4.6	2:20	3.9	8:02	0.2	8:19	0.3	5:49	8:10	
22	Sun	2:44	4.4	3:23	4.2	8:57	0.1	9:23	0.2	5:48	8:10	
23	Mon	3:46	4.3	4:25	4.5	9:53	0.0	10:28	0.1	5:48	8:11	
24	Tue	4:47	4.2	5:24	4.8	10:48	-0.2	11:31	-0.1	5:47	8:12	
25	Wed	5:45	4.2	6:19	5.1	11:43	-0.4			5:46	8:13	
26	Thu	6:40	4.2	7:12	5.4	12:32	-0.3	12:37	-0.5	5:46	8:14	
27	Fri	7:34	4.1	8:04	5.5	1:28	-0.4	1:28	-0.6	5:45	8:14	
28	Sat	8:26	4.1	8:54	5.5	2:20	-0.5	2:18	-0.6	5:45	8:15	
29	Sun	9:16	4.0	9:44	5.4	3:10	-0.5	3:06	-0.5	5:45	8:16	
30	Mon	10:06	3.9	10:32	5.2	3:59	-0.4	3:55	-0.4	5:44	8:16	
31	Tue	10:55	3.8	11:19	4.9	4:47	-0.3	4:43	-0.2	5:44	8:17	