

































Sand Shoal Inlet, VA - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri			12:00	3.7	5:47	0.1	5:52	0.3	5:46	8:27	
2	Sat	12:18	4.2	12:46	3.7	6:30	0.3	6:42	0.5	5:47	8:27	
3	Sun	1:03	3.9	1:35	3.7	7:13	0.4	7:34	0.7	5:47	8:27	
4	Mon	1:50	3.7	2:26	3.7	7:57	0.5	8:27	0.8	5:48	8:27	
5	Tue	2:40	3.5	3:20	3.8	8:43	0.5	9:21	0.9	5:48	8:27	
6	Wed	3:34	3.4	4:15	4.0	9:30	0.6	10:16	0.9	5:49	8:26	
7	Thu	4:28	3.4	5:06	4.3	10:18	0.5	11:11	0.8	5:49	8:26	
8	Fri	5:20	3.5	5:55	4.6	11:08	0.4			5:50	8:26	
9	Sat	6:09	3.6	6:42	4.8	12:03	0.6	11:58 AM	0.2	5:50	8:25	
10	Sun	6:58	3.8	7:29	5.1	12:53	0.4	12:47	0.1	5:51	8:25	
11	Mon	7:46	3.9	8:15	5.3	1:40	0.2	1:35	-0.1	5:52	8:25	
12	Tue	8:33	4.1	9:01	5.5	2:25	0.0	2:23	-0.2	5:52	8:24	
13	Wed	9:22	4.3	9:48	5.5	3:10	-0.1	3:11	-0.3	5:53	8:24	
14	Thu	10:11	4.4	10:35	5.4	3:56	-0.2	4:01	-0.3	5:54	8:23	
15	Fri	11:00	4.5	11:23	5.2	4:43	-0.3	4:53	-0.2	5:54	8:23	
16	Sat	11:51	4.6			5:31	-0.3	5:49	-0.1	5:55	8:22	
17	Sun	12:12	4.9	12:45	4.6	6:22	-0.2	6:48	0.0	5:56	8:22	
18	Mon	1:05	4.5	1:43	4.6	7:15	-0.2	7:50	0.2	5:57	8:21	
19	Tue	2:01	4.1	2:44	4.6	8:09	-0.1	8:54	0.3	5:57	8:21	
20	Wed	3:02	3.8	3:49	4.6	9:06	-0.1	10:00	0.3	5:58	8:20	
21	Thu	4:06	3.6	4:52	4.7	10:04	-0.1	11:06	0.3	5:59	8:19	
22	Fri	5:08	3.5	5:51	4.8	11:03	-0.1			6:00	8:19	
23	Sat	6:06	3.6	6:44	4.9	12:08	0.2	12:00	-0.2	6:00	8:18	
24	Sun	6:59	3.7	7:33	5.0	1:03	0.1	12:53	-0.2	6:01	8:17	
25	Mon	7:48	3.8	8:19	5.0	1:51	0.0	1:42	-0.2	6:02	8:16	
26	Tue	8:35	3.9	9:02	4.9	2:34	0.0	2:28	-0.2	6:03	8:16	
27	Wed	9:19	3.9	9:44	4.8	3:13	0.0	3:11	-0.2	6:04	8:15	
28	Thu	10:02	4.0	10:24	4.7	3:52	0.0	3:53	0.0	6:04	8:14	
29	Fri	10:44	4.0	11:04	4.5	4:29	0.1	4:36	0.1	6:05	8:13	
30	Sat	11:26	4.0	11:44	4.2	5:08	0.2	5:20	0.3	6:06	8:12	
31	Sun			12:09	4.0	5:47	0.3	6:06	0.6	6:07	8:11	