

































Sand Shoal Inlet, VA - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	12:25	4.0	12:54	4.0	6:28	0.5	6:54	0.7	6:08	8:10	
2	Tue	1:09	3.8	1:42	4.0	7:11	0.6	7:45	0.9	6:09	8:09	
3	Wed	1:56	3.6	2:35	4.0	7:57	0.7	8:39	1.0	6:09	8:08	
4	Thu	2:49	3.4	3:31	4.1	8:46	0.7	9:35	1.0	6:10	8:07	
5	Fri	3:46	3.4	4:27	4.3	9:38	0.6	10:32	0.9	6:11	8:06	
6	Sat	4:42	3.5	5:21	4.6	10:32	0.5	11:28	0.7	6:12	8:05	
7	Sun	5:37	3.7	6:12	4.9	11:27	0.3			6:13	8:04	
8	Mon	6:29	4.0	7:01	5.2	12:21	0.5	12:20	0.1	6:14	8:03	
9	Tue	7:19	4.2	7:50	5.5	1:11	0.2	1:12	-0.2	6:14	8:02	
10	Wed	8:09	4.5	8:38	5.6	1:58	0.0	2:03	-0.4	6:15	8:01	
11	Thu	8:59	4.8	9:26	5.6	2:44	-0.3	2:53	-0.5	6:16	7:59	
12	Fri	9:49	5.0	10:14	5.5	3:30	-0.4	3:45	-0.5	6:17	7:58	
13	Sat	10:40	5.1	11:03	5.2	4:17	-0.4	4:38	-0.4	6:18	7:57	
14	Sun	11:31	5.1	11:53	4.8	5:05	-0.4	5:33	-0.2	6:19	7:56	
15	Mon			12:25	5.0	5:56	-0.3	6:32	0.0	6:19	7:55	
16	Tue	12:45	4.4	1:22	4.9	6:50	-0.2	7:35	0.2	6:20	7:53	
17	Wed	1:41	4.0	2:24	4.8	7:46	0.0	8:39	0.4	6:21	7:52	
18	Thu	2:43	3.7	3:30	4.7	8:46	0.1	9:46	0.5	6:22	7:51	
19	Fri	3:50	3.5	4:37	4.6	9:47	0.2	10:53	0.5	6:23	7:49	
20	Sat	4:55	3.5	5:38	4.7	10:48	0.2	11:55	0.4	6:24	7:48	
21	Sun	5:54	3.6	6:30	4.7	11:46	0.1			6:24	7:47	
22	Mon	6:45	3.8	7:16	4.8	12:47	0.3	12:39	0.1	6:25	7:45	
23	Tue	7:30	3.9	7:58	4.8	1:30	0.2	1:26	0.0	6:26	7:44	
24	Wed	8:12	4.1	8:37	4.8	2:08	0.2	2:09	0.0	6:27	7:43	
25	Thu	8:53	4.2	9:16	4.7	2:43	0.2	2:49	0.0	6:28	7:41	
26	Fri	9:33	4.4	9:54	4.6	3:18	0.2	3:29	0.1	6:29	7:40	
27	Sat	10:13	4.4	10:33	4.5	3:53	0.2	4:08	0.3	6:29	7:39	
28	Sun	10:53	4.4	11:11	4.3	4:28	0.3	4:49	0.4	6:30	7:37	
29	Mon	11:34	4.4	11:51	4.0	5:06	0.5	5:32	0.6	6:31	7:36	
30	Tue			12:16	4.3	5:45	0.6	6:19	0.8	6:32	7:34	
31	Wed	12:32	3.8	1:02	4.3	6:28	0.7	7:09	1.0	6:33	7:33	