
































## Sand Shoal Inlet, VA - Nov 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	3:14	3.9	3:42	4.6	9:10	0.6	9:52	0.4	7:28	6:05	
2	Wed	4:16	4.3	4:42	4.7	10:13	0.4	10:47	0.1	7:29	6:04	
3	Thu	5:15	4.7	5:38	4.8	11:15	0.1	11:40	-0.1	7:30	6:03	
4	Fri	6:10	5.1	6:32	4.8			12:15	-0.2	7:31	6:02	
5	Sat	7:03	5.5	7:25	4.8	12:32	-0.4	1:12	-0.4	7:32	6:01	
6	Sun	6:55	5.8	7:17	4.7	1:23	-0.6	1:06	-0.5	6:33	5:00	
7	Mon	7:46	5.9	8:08	4.6	1:12	-0.7	1:58	-0.6	6:34	4:59	
8	Tue	8:38	5.9	8:59	4.4	2:01	-0.7	2:50	-0.5	6:35	4:58	
9	Wed	9:29	5.7	9:51	4.2	2:51	-0.6	3:43	-0.3	6:36	4:57	
10	Thu	10:21	5.4	10:43	3.9	3:43	-0.4	4:37	-0.1	6:37	4:56	
11	Fri	11:13	5.0	11:37	3.7	4:36	-0.1	5:33	0.1	6:38	4:55	
12	Sat			12:07	4.6	5:33	0.2	6:30	0.3	6:39	4:54	
13	Sun	12:35	3.5	1:03	4.2	6:33	0.4	7:27	0.4	6:40	4:54	
14	Mon	1:37	3.5	2:02	4.0	7:34	0.6	8:21	0.5	6:41	4:53	
15	Tue	2:40	3.5	3:01	3.8	8:35	0.6	9:11	0.5	6:42	4:52	
16	Wed	3:38	3.7	3:54	3.7	9:34	0.7	9:56	0.5	6:43	4:52	
17	Thu	4:27	3.9	4:40	3.7	10:28	0.6	10:38	0.4	6:44	4:51	
18	Fri	5:10	4.2	5:23	3.8	11:15	0.5	11:18	0.3	6:45	4:50	
19	Sat	5:51	4.4	6:04	3.8	11:58	0.4	11:57	0.2	6:46	4:50	
20	Sun	6:30	4.6	6:45	3.9			12:38	0.3	6:48	4:49	
21	Mon	7:10	4.8	7:26	3.9	12:35	0.1	1:18	0.3	6:49	4:49	
22	Tue	7:51	4.9	8:07	3.9	1:13	0.1	1:57	0.2	6:50	4:48	
23	Wed	8:31	5.0	8:48	3.8	1:52	0.1	2:37	0.2	6:51	4:48	
24	Thu	9:12	5.0	9:30	3.8	2:32	0.1	3:19	0.3	6:52	4:47	
25	Fri	9:54	4.9	10:13	3.7	3:14	0.2	4:03	0.3	6:53	4:47	
26	Sat	10:38	4.8	11:00	3.7	3:59	0.3	4:50	0.3	6:54	4:47	
27	Sun	11:25	4.7	11:51	3.7	4:49	0.3	5:41	0.3	6:55	4:46	
28	Mon			12:16	4.5	5:45	0.4	6:33	0.3	6:56	4:46	
29	Tue	12:48	3.8	1:12	4.4	6:46	0.4	7:27	0.2	6:56	4:46	
30	Wed	1:50	4.0	2:12	4.2	7:49	0.3	8:22	0.0	6:57	4:45	