






























Sand Shoal Inlet, VA - Jul 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:28	3.7	8:53	5.0	2:21	0.3	2:13	0.1	5:46	8:27	
2	Sun	9:11	3.8	9:35	5.0	3:01	0.2	2:55	0.1	5:46	8:27	
3	Mon	9:54	3.9	10:16	5.0	3:42	0.1	3:38	0.1	5:47	8:27	
4	Tue	10:38	4.0	10:59	5.0	4:23	0.1	4:23	0.1	5:47	8:27	
5	Wed	11:22	4.0	11:42	4.8	5:07	0.1	5:11	0.2	5:48	8:27	
6	Thu			12:10	4.1	5:52	0.1	6:03	0.3	5:49	8:26	
7	Fri	12:28	4.7	1:00	4.2	6:40	0.1	6:59	0.3	5:49	8:26	
8	Sat	1:18	4.4	1:56	4.3	7:30	0.1	8:00	0.4	5:50	8:26	
9	Sun	2:14	4.2	2:56	4.5	8:23	0.0	9:02	0.3	5:50	8:26	
10	Mon	3:14	4.0	3:58	4.7	9:19	-0.1	10:07	0.3	5:51	8:25	
11	Tue	4:17	3.9	5:00	5.0	10:16	-0.2	11:11	0.1	5:52	8:25	
12	Wed	5:18	3.9	5:58	5.2	11:14	-0.3			5:52	8:24	
13	Thu	6:17	3.9	6:54	5.4	12:14	0.0	12:12	-0.4	5:53	8:24	
14	Fri	7:13	4.0	7:48	5.5	1:11	-0.2	1:08	-0.5	5:54	8:24	
15	Sat	8:07	4.1	8:39	5.5	2:04	-0.3	2:01	-0.6	5:54	8:23	
16	Sun	8:59	4.1	9:29	5.4	2:53	-0.4	2:52	-0.6	5:55	8:23	
17	Mon	9:50	4.2	10:16	5.2	3:41	-0.4	3:41	-0.5	5:56	8:22	
18	Tue	10:38	4.1	11:02	4.9	4:26	-0.3	4:31	-0.3	5:56	8:21	
19	Wed	11:26	4.1	11:46	4.5	5:12	-0.2	5:20	0.0	5:57	8:21	
20	Thu			12:13	4.0	5:57	0.0	6:11	0.2	5:58	8:20	
21	Fri	12:31	4.2	1:01	3.9	6:42	0.2	7:03	0.5	5:59	8:19	
22	Sat	1:17	3.8	1:52	3.9	7:27	0.3	7:57	0.7	5:59	8:19	
23	Sun	2:06	3.6	2:45	3.9	8:13	0.5	8:52	0.8	6:00	8:18	
24	Mon	2:59	3.4	3:41	3.9	9:00	0.6	9:48	0.9	6:01	8:17	
25	Tue	3:54	3.3	4:36	4.1	9:49	0.6	10:43	0.9	6:02	8:17	
26	Wed	4:49	3.3	5:27	4.3	10:39	0.6	11:36	0.8	6:03	8:16	
27	Thu	5:40	3.4	6:15	4.5	11:29	0.5			6:03	8:15	
28	Fri	6:28	3.6	7:00	4.8	12:25	0.7	12:17	0.3	6:04	8:14	
29	Sat	7:14	3.8	7:44	5.0	1:10	0.5	1:03	0.2	6:05	8:13	
30	Sun	7:59	4.0	8:27	5.1	1:52	0.3	1:48	0.1	6:06	8:12	
31	Mon	8:44	4.2	9:09	5.2	2:33	0.2	2:33	0.0	6:07	8:11	