

































Sand Shoal Inlet, VA - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	1:27	4.2	1:51	3.1	7:48	0.8	7:41	0.7	6:07	7:52	
2	Sat	2:23	4.1	2:52	3.2	8:42	0.7	8:43	0.6	6:06	7:53	
3	Sun	3:23	4.2	3:54	3.6	9:35	0.6	9:46	0.5	6:05	7:54	
4	Mon	4:22	4.2	4:52	4.0	10:27	0.4	10:49	0.3	6:04	7:55	
5	Tue	5:18	4.3	5:46	4.5	11:18	0.1	11:50	0.0	6:03	7:56	
6	Wed	6:11	4.4	6:38	5.0			12:07	-0.1	6:02	7:57	
7	Thu	7:02	4.4	7:29	5.5	12:47	-0.3	12:56	-0.4	6:01	7:57	
8	Fri	7:53	4.3	8:20	5.8	1:43	-0.5	1:44	-0.5	6:00	7:58	
9	Sat	8:44	4.2	9:12	5.9	2:36	-0.6	2:32	-0.6	5:59	7:59	
10	Sun	9:36	4.1	10:04	5.8	3:29	-0.6	3:22	-0.6	5:58	8:00	
11	Mon	10:29	3.9	10:58	5.6	4:23	-0.5	4:14	-0.4	5:57	8:01	
12	Tue	11:22	3.7	11:53	5.2	5:18	-0.3	5:09	-0.3	5:56	8:02	
13	Wed			12:17	3.5	6:17	0.0	6:08	0.0	5:55	8:03	
14	Thu	12:50	4.8	1:17	3.3	7:17	0.2	7:11	0.2	5:54	8:04	
15	Fri	1:50	4.4	2:22	3.3	8:17	0.3	8:17	0.4	5:54	8:04	
16	Sat	2:53	4.1	3:30	3.4	9:14	0.4	9:23	0.5	5:53	8:05	
17	Sun	3:56	3.8	4:33	3.6	10:07	0.4	10:27	0.5	5:52	8:06	
18	Mon	4:53	3.7	5:25	3.8	10:54	0.4	11:27	0.5	5:51	8:07	
19	Tue	5:41	3.6	6:07	4.1	11:35	0.4			5:51	8:08	
20	Wed	6:23	3.5	6:46	4.3	12:19	0.4	12:13	0.3	5:50	8:09	
21	Thu	7:03	3.5	7:25	4.5	1:03	0.3	12:50	0.3	5:49	8:09	
22	Fri	7:43	3.5	8:03	4.7	1:43	0.3	1:27	0.3	5:49	8:10	
23	Sat	8:22	3.4	8:43	4.8	2:21	0.2	2:04	0.3	5:48	8:11	
24	Sun	9:03	3.4	9:23	4.8	2:58	0.3	2:41	0.3	5:47	8:12	
25	Mon	9:43	3.4	10:04	4.8	3:37	0.3	3:20	0.3	5:47	8:12	
26	Tue	10:24	3.4	10:46	4.7	4:17	0.4	4:00	0.4	5:46	8:13	
27	Wed	11:05	3.3	11:28	4.6	4:59	0.5	4:42	0.5	5:46	8:14	
28	Thu	11:48	3.3			5:43	0.6	5:28	0.5	5:45	8:15	
29	Fri	12:12	4.5	12:35	3.3	6:31	0.6	6:20	0.6	5:45	8:15	
30	Sat	12:59	4.4	1:27	3.4	7:19	0.6	7:18	0.6	5:44	8:16	
31	Sun	1:51	4.3	2:24	3.6	8:08	0.5	8:19	0.6	5:44	8:17	