































Sand Shoal Inlet, VA - Aug 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	4:58	3.3	5:43	5.1	10:49	0.0			6:07	8:11	
2	Sun	6:00	3.4	6:42	5.3	12:07	0.3	11:51 AM	-0.1	6:08	8:10	
3	Mon	6:58	3.6	7:38	5.4	1:06	0.2	12:50	-0.3	6:09	8:09	
4	Tue	7:53	3.8	8:29	5.4	1:58	0.0	1:45	-0.4	6:10	8:08	
5	Wed	8:44	3.9	9:17	5.3	2:44	-0.1	2:36	-0.4	6:11	8:07	
6	Thu	9:33	4.1	10:02	5.1	3:28	-0.1	3:25	-0.3	6:12	8:06	
7	Fri	10:20	4.2	10:44	4.8	4:09	-0.1	4:12	-0.1	6:12	8:04	
8	Sat	11:04	4.2	11:25	4.4	4:49	0.0	5:00	0.1	6:13	8:03	
9	Sun	11:48	4.2			5:29	0.2	5:49	0.3	6:14	8:02	
10	Mon	12:06	4.1	12:33	4.2	6:08	0.4	6:39	0.6	6:15	8:01	
11	Tue	12:49	3.7	1:20	4.1	6:49	0.5	7:32	0.8	6:16	8:00	
12	Wed	1:34	3.4	2:11	4.0	7:33	0.7	8:27	1.0	6:17	7:59	
13	Thu	2:25	3.1	3:07	4.0	8:20	0.8	9:25	1.1	6:17	7:58	
14	Fri	3:23	3.0	4:07	4.1	9:11	0.8	10:24	1.1	6:18	7:56	
15	Sat	4:22	3.0	5:05	4.2	10:06	0.8	11:22	1.1	6:19	7:55	
16	Sun	5:18	3.1	5:57	4.5	11:01	0.7			6:20	7:54	
17	Mon	6:09	3.3	6:45	4.7	12:14	0.9	11:54 AM	0.5	6:21	7:53	
18	Tue	6:57	3.6	7:29	5.0	12:59	0.7	12:44	0.4	6:22	7:51	
19	Wed	7:42	3.9	8:12	5.1	1:40	0.5	1:30	0.2	6:22	7:50	
20	Thu	8:26	4.1	8:54	5.2	2:19	0.3	2:16	0.0	6:23	7:49	
21	Fri	9:10	4.4	9:35	5.2	2:57	0.2	3:01	-0.1	6:24	7:47	
22	Sat	9:55	4.7	10:17	5.1	3:36	0.0	3:48	-0.1	6:25	7:46	
23	Sun	10:40	4.9	11:00	4.8	4:16	0.0	4:37	0.0	6:26	7:45	
24	Mon	11:26	5.0	11:46	4.5	4:59	0.0	5:30	0.1	6:27	7:43	
25	Tue			12:16	5.0	5:44	0.1	6:27	0.3	6:28	7:42	
26	Wed	12:34	4.1	1:10	5.0	6:33	0.2	7:28	0.5	6:28	7:41	
27	Thu	1:28	3.7	2:11	4.9	7:28	0.3	8:34	0.6	6:29	7:39	
28	Fri	2:30	3.4	3:19	4.9	8:28	0.3	9:44	0.7	6:30	7:38	
29	Sat	3:40	3.3	4:30	4.9	9:33	0.3	10:54	0.6	6:31	7:36	
30	Sun	4:50	3.3	5:36	5.0	10:39	0.3	11:59	0.5	6:32	7:35	
31	Mon	5:54	3.5	6:34	5.1	11:43	0.1			6:32	7:33	