

































Sand Shoal Inlet, VA - Jan 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	5:43	5.1	5:59	3.5			12:01	-0.1	7:17	4:56	
2	Mon	6:38	5.4	6:54	3.6			12:55	-0.4	7:17	4:57	
3	Tue	7:32	5.5	7:48	3.7	12:46	-0.8	1:47	-0.5	7:17	4:58	
4	Wed	8:25	5.6	8:42	3.9	1:40	-1.0	2:38	-0.6	7:17	4:59	
5	Thu	9:17	5.4	9:36	3.9	2:33	-1.0	3:28	-0.6	7:17	5:00	
6	Fri	10:07	5.1	10:30	4.0	3:28	-0.9	4:18	-0.6	7:17	5:00	
7	Sat	10:57	4.7	11:24	4.0	4:24	-0.7	5:08	-0.5	7:17	5:01	
8	Sun	11:47	4.2			5:23	-0.4	5:58	-0.4	7:17	5:02	
9	Mon	12:20	3.9	12:39	3.7	6:25	-0.1	6:49	-0.3	7:17	5:03	
10	Tue	1:19	3.9	1:35	3.3	7:28	0.1	7:40	-0.1	7:17	5:04	
11	Wed	2:22	3.8	2:34	2.9	8:34	0.3	8:33	0.0	7:16	5:05	
12	Thu	3:25	3.8	3:35	2.7	9:42	0.4	9:26	0.0	7:16	5:06	
13	Fri	4:23	3.9	4:31	2.7	10:47	0.4	10:20	0.1	7:16	5:07	
14	Sat	5:15	4.0	5:21	2.7	11:42	0.3	11:11	0.0	7:16	5:08	
15	Sun	6:01	4.1	6:06	2.8			12:26	0.3	7:15	5:09	
16	Mon	6:44	4.2	6:49	3.0			1:04	0.2	7:15	5:10	
17	Tue	7:25	4.3	7:30	3.1	12:40	-0.2	1:39	0.2	7:14	5:11	
18	Wed	8:04	4.4	8:11	3.2	1:20	-0.2	2:12	0.1	7:14	5:12	
19	Thu	8:42	4.4	8:52	3.3	1:59	-0.2	2:46	0.1	7:14	5:13	
20	Fri	9:19	4.3	9:31	3.4	2:38	-0.2	3:21	0.1	7:13	5:14	
21	Sat	9:55	4.2	10:11	3.5	3:17	-0.1	3:56	0.1	7:13	5:15	
22	Sun	10:32	4.0	10:51	3.6	3:59	0.0	4:32	0.1	7:12	5:17	
23	Mon	11:09	3.8	11:33	3.7	4:44	0.2	5:10	0.2	7:11	5:18	
24	Tue	11:49	3.5			5:33	0.3	5:52	0.2	7:11	5:19	
25	Wed	12:20	3.8	12:36	3.3	6:27	0.4	6:38	0.2	7:10	5:20	
26	Thu	1:15	3.9	1:31	3.1	7:27	0.4	7:31	0.1	7:10	5:21	
27	Fri	2:16	4.0	2:34	3.0	8:31	0.4	8:29	0.0	7:09	5:22	
28	Sat	3:22	4.3	3:39	3.0	9:37	0.3	9:32	-0.2	7:08	5:23	
29	Sun	4:25	4.6	4:42	3.1	10:43	0.1	10:35	-0.4	7:07	5:24	
30	Mon	5:26	4.9	5:41	3.4	11:43	-0.1	11:35	-0.7	7:07	5:25	
31	Tue	6:23	5.2	6:38	3.7			12:38	-0.4	7:06	5:26	