

































## Sand Shoal Inlet, VA - Mar 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	6:06	4.9	6:23	4.0			12:16	-0.3	6:33	5:57	
2	Thu	6:58	5.0	7:15	4.3	12:22	-0.8	1:04	-0.6	6:31	5:58	
3	Fri	7:47	5.0	8:06	4.6	1:16	-1.0	1:49	-0.7	6:30	5:59	
4	Sat	8:34	4.8	8:54	4.8	2:07	-1.0	2:32	-0.8	6:28	6:00	
5	Sun	9:20	4.5	9:42	4.8	2:58	-0.9	3:15	-0.7	6:27	6:01	
6	Mon	10:05	4.1	10:28	4.6	3:48	-0.7	3:58	-0.5	6:26	6:02	
7	Tue	10:49	3.7	11:16	4.4	4:39	-0.3	4:43	-0.3	6:24	6:03	
8	Wed	11:35	3.3			5:32	0.0	5:31	0.0	6:23	6:04	
9	Thu	12:06	4.1	12:24	2.9	6:28	0.3	6:22	0.2	6:21	6:05	
10	Fri	1:02	3.8	1:19	2.7	7:27	0.6	7:18	0.4	6:20	6:06	
11	Sat	2:05	3.6	2:22	2.6	8:31	0.7	8:17	0.5	6:18	6:06	
12	Sun	4:14	3.6	4:27	2.7	10:36	0.8	10:18	0.5	7:17	7:07	
13	Mon	5:16	3.7	5:25	2.9	11:33	0.8	11:16	0.4	7:15	7:08	
14	Tue	6:07	3.8	6:13	3.1			12:18	0.6	7:14	7:09	
15	Wed	6:49	4.0	6:57	3.5	12:08	0.2	12:55	0.5	7:12	7:10	
16	Thu	7:28	4.1	7:38	3.8	12:53	0.1	1:28	0.3	7:11	7:11	
17	Fri	8:05	4.2	8:17	4.1	1:35	0.0	2:01	0.2	7:09	7:12	
18	Sat	8:43	4.2	8:56	4.3	2:15	-0.1	2:35	0.1	7:08	7:13	
19	Sun	9:20	4.2	9:35	4.5	2:55	-0.2	3:09	0.0	7:06	7:14	
20	Mon	9:58	4.1	10:14	4.6	3:36	-0.2	3:44	0.0	7:05	7:15	
21	Tue	10:36	3.9	10:55	4.7	4:18	-0.1	4:22	0.0	7:03	7:16	
22	Wed	11:16	3.7	11:39	4.7	5:03	0.0	5:03	0.1	7:02	7:17	
23	Thu			12:00	3.5	5:53	0.2	5:50	0.2	7:00	7:17	
24	Fri	12:29	4.6	12:50	3.3	6:49	0.3	6:44	0.2	6:59	7:18	
25	Sat	1:26	4.5	1:48	3.1	7:50	0.4	7:46	0.2	6:57	7:19	
26	Sun	2:32	4.4	2:56	3.1	8:55	0.5	8:53	0.2	6:56	7:20	
27	Mon	3:42	4.4	4:08	3.3	10:00	0.4	10:02	0.1	6:54	7:21	
28	Tue	4:50	4.5	5:14	3.6	11:03	0.2	11:09	-0.1	6:53	7:22	
29	Wed	5:51	4.6	6:13	4.0	11:59	0.0			6:51	7:23	
30	Thu	6:45	4.6	7:06	4.4	12:13	-0.4	12:49	-0.3	6:50	7:24	
31	Fri	7:35	4.6	7:56	4.8	1:10	-0.6	1:35	-0.5	6:49	7:25	