
































## Sand Shoal Inlet, VA - Sep 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	11:44	4.6	11:59	3.9	5:10	0.5	5:50	0.7	6:34	7:31	
2	Sat			12:29	4.6	5:51	0.6	6:42	0.9	6:35	7:30	
3	Sun	12:43	3.6	1:20	4.6	6:38	0.7	7:40	1.0	6:35	7:28	
4	Mon	1:35	3.5	2:21	4.6	7:34	0.7	8:43	1.0	6:36	7:27	
5	Tue	2:39	3.4	3:28	4.8	8:36	0.6	9:48	0.9	6:37	7:25	
6	Wed	3:49	3.4	4:36	5.0	9:41	0.5	10:52	0.7	6:38	7:24	
7	Thu	4:56	3.7	5:37	5.2	10:47	0.2	11:52	0.4	6:39	7:22	
8	Fri	5:57	4.0	6:34	5.4	11:51	0.0			6:39	7:21	
9	Sat	6:53	4.5	7:26	5.5	12:45	0.1	12:51	-0.3	6:40	7:19	
10	Sun	7:47	4.9	8:16	5.5	1:33	-0.1	1:47	-0.5	6:41	7:18	
11	Mon	8:38	5.2	9:04	5.3	2:19	-0.3	2:40	-0.5	6:42	7:16	
12	Tue	9:28	5.5	9:52	5.0	3:03	-0.4	3:32	-0.5	6:43	7:15	
13	Wed	10:17	5.5	10:39	4.6	3:47	-0.4	4:24	-0.3	6:44	7:13	
14	Thu	11:06	5.4	11:26	4.2	4:32	-0.2	5:17	0.0	6:44	7:12	
15	Fri	11:56	5.2			5:19	0.0	6:13	0.3	6:45	7:10	
16	Sat	12:14	3.8	12:48	4.9	6:08	0.3	7:12	0.6	6:46	7:09	
17	Sun	1:06	3.5	1:45	4.5	7:02	0.5	8:15	0.9	6:47	7:07	
18	Mon	2:03	3.2	2:49	4.3	8:00	0.7	9:21	1.0	6:48	7:05	
19	Tue	3:08	3.1	3:58	4.2	9:01	0.8	10:27	1.1	6:48	7:04	
20	Wed	4:16	3.1	5:01	4.2	10:03	0.8	11:23	1.0	6:49	7:02	
21	Thu	5:15	3.3	5:50	4.3	11:01	0.8			6:50	7:01	
22	Fri	6:02	3.6	6:32	4.4	12:06	0.9	11:53 AM	0.7	6:51	6:59	
23	Sat	6:44	3.9	7:09	4.5	12:40	0.8	12:38	0.5	6:52	6:58	
24	Sun	7:23	4.2	7:46	4.6	1:12	0.6	1:20	0.4	6:53	6:56	
25	Mon	8:01	4.5	8:22	4.6	1:44	0.5	1:59	0.4	6:53	6:55	
26	Tue	8:39	4.8	8:59	4.5	2:16	0.4	2:38	0.3	6:54	6:53	
27	Wed	9:17	4.9	9:36	4.4	2:49	0.4	3:18	0.3	6:55	6:52	
28	Thu	9:56	5.0	10:14	4.2	3:23	0.4	3:58	0.4	6:56	6:50	
29	Fri	10:36	5.1	10:53	4.0	3:59	0.4	4:42	0.5	6:57	6:49	
30	Sat	11:18	5.0	11:35	3.8	4:38	0.5	5:30	0.7	6:58	6:47	