

































Sand Shoal Inlet, VA - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	3:01	3.8	3:17	2.7	9:26	0.5	9:10	0.2	6:33	5:57	
2	Fri	4:12	3.8	4:22	2.8	10:33	0.5	10:13	0.2	6:32	5:58	
3	Sat	5:09	3.8	5:14	3.0	11:27	0.4	11:08	0.1	6:30	5:59	
4	Sun	5:54	3.9	5:58	3.2			12:07	0.3	6:29	6:00	
5	Mon	6:33	4.0	6:38	3.5			12:40	0.2	6:27	6:01	
6	Tue	7:09	4.1	7:17	3.7	12:37	-0.1	1:10	0.1	6:26	6:02	
7	Wed	7:44	4.1	7:55	3.9	1:15	-0.2	1:40	0.1	6:25	6:02	
8	Thu	8:20	4.1	8:32	4.1	1:53	-0.2	2:12	0.0	6:23	6:03	
9	Fri	8:55	4.0	9:10	4.2	2:30	-0.2	2:44	0.1	6:22	6:04	
10	Sat	9:31	3.8	9:47	4.3	3:08	-0.1	3:17	0.1	6:20	6:05	
11	Sun	11:07	3.7	11:25	4.2	4:48	0.1	4:52	0.2	7:19	7:06	
12	Mon	11:44	3.5			5:31	0.3	5:31	0.3	7:17	7:07	
13	Tue	12:07	4.2	12:25	3.3	6:18	0.4	6:15	0.4	7:16	7:08	
14	Wed	12:54	4.1	1:11	3.1	7:11	0.6	7:07	0.4	7:14	7:09	
15	Thu	1:49	4.1	2:09	3.0	8:09	0.6	8:06	0.4	7:13	7:10	
16	Fri	2:54	4.1	3:15	3.0	9:12	0.6	9:11	0.3	7:11	7:11	
17	Sat	4:01	4.3	4:23	3.3	10:15	0.5	10:17	0.1	7:10	7:12	
18	Sun	5:05	4.5	5:26	3.6	11:15	0.2	11:22	-0.2	7:08	7:13	
19	Mon	6:03	4.7	6:23	4.1			12:11	-0.1	7:07	7:14	
20	Tue	6:57	4.9	7:17	4.6	12:23	-0.5	1:01	-0.4	7:05	7:15	
21	Wed	7:48	4.9	8:09	5.0	1:20	-0.8	1:49	-0.6	7:04	7:15	
22	Thu	8:38	4.8	9:00	5.2	2:14	-0.9	2:34	-0.8	7:02	7:16	
23	Fri	9:26	4.7	9:49	5.4	3:07	-1.0	3:20	-0.8	7:01	7:17	
24	Sat	10:15	4.4	10:39	5.3	3:59	-0.9	4:06	-0.7	6:59	7:18	
25	Sun	11:03	4.0	11:29	5.1	4:51	-0.6	4:53	-0.5	6:58	7:19	
26	Mon	11:51	3.7			5:45	-0.3	5:44	-0.3	6:56	7:20	
27	Tue	12:21	4.7	12:42	3.3	6:42	0.0	6:38	0.0	6:55	7:21	
28	Wed	1:17	4.3	1:38	3.0	7:43	0.3	7:37	0.2	6:53	7:22	
29	Thu	2:19	4.0	2:41	2.9	8:47	0.5	8:39	0.4	6:52	7:23	
30	Fri	3:28	3.8	3:50	2.9	9:52	0.6	9:43	0.5	6:50	7:24	
31	Sat	4:36	3.7	4:54	3.0	10:53	0.7	10:46	0.4	6:49	7:24	