


































## Sand Shoal Inlet, VA - Aug 2024

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sat | 6:18  | 4.0 | 6:53  | 5.5 | 12:11 | 0.2  | 12:11 | -0.2 | 6:08  | 8:10 |    |
| 2    | Sun | 7:13  | 4.3 | 7:46  | 5.7 | 1:07  | 0.0  | 1:07  | -0.4 | 6:09  | 8:09 |    |
| 3    | Mon | 8:07  | 4.5 | 8:39  | 5.9 | 1:59  | -0.3 | 2:01  | -0.6 | 6:09  | 8:08 |    |
| 4    | Tue | 9:01  | 4.7 | 9:31  | 5.8 | 2:49  | -0.5 | 2:55  | -0.7 | 6:10  | 8:07 |    |
| 5    | Wed | 9:54  | 4.8 | 10:22 | 5.6 | 3:39  | -0.6 | 3:49  | -0.7 | 6:11  | 8:06 |    |
| 6    | Thu | 10:47 | 4.9 | 11:12 | 5.3 | 4:28  | -0.6 | 4:43  | -0.5 | 6:12  | 8:05 |    |
| 7    | Fri | 11:40 | 4.8 |       |     | 5:19  | -0.5 | 5:40  | -0.3 | 6:13  | 8:04 |    |
| 8    | Sat | 12:03 | 4.9 | 12:34 | 4.7 | 6:10  | -0.3 | 6:40  | -0.1 | 6:14  | 8:03 |    |
| 9    | Sun | 12:55 | 4.4 | 1:31  | 4.6 | 7:03  | -0.1 | 7:42  | 0.2  | 6:14  | 8:02 |    |
| 10   | Mon | 1:51  | 4.0 | 2:32  | 4.4 | 7:57  | 0.0  | 8:46  | 0.4  | 6:15  | 8:01 |    |
| 11   | Tue | 2:50  | 3.6 | 3:36  | 4.4 | 8:53  | 0.2  | 9:51  | 0.5  | 6:16  | 8:00 |    |
| 12   | Wed | 3:53  | 3.4 | 4:39  | 4.3 | 9:49  | 0.3  | 10:57 | 0.6  | 6:17  | 7:58 |   |
| 13   | Thu | 4:54  | 3.3 | 5:35  | 4.4 | 10:45 | 0.4  | 11:56 | 0.6  | 6:18  | 7:57 |  |
| 14   | Fri | 5:49  | 3.4 | 6:24  | 4.5 | 11:39 | 0.3  |       |      | 6:19  | 7:56 |  |
| 15   | Sat | 6:36  | 3.5 | 7:07  | 4.6 | 12:44 | 0.5  | 12:27 | 0.3  | 6:19  | 7:55 |  |
| 16   | Sun | 7:19  | 3.6 | 7:47  | 4.7 | 1:25  | 0.5  | 1:12  | 0.2  | 6:20  | 7:53 |  |
| 17   | Mon | 8:00  | 3.8 | 8:26  | 4.8 | 2:00  | 0.4  | 1:52  | 0.2  | 6:21  | 7:52 |  |
| 18   | Tue | 8:40  | 4.0 | 9:05  | 4.8 | 2:34  | 0.3  | 2:32  | 0.2  | 6:22  | 7:51 |  |
| 19   | Wed | 9:21  | 4.1 | 9:43  | 4.8 | 3:08  | 0.3  | 3:11  | 0.2  | 6:23  | 7:50 |  |
| 20   | Thu | 10:00 | 4.2 | 10:21 | 4.7 | 3:43  | 0.3  | 3:50  | 0.3  | 6:24  | 7:48 |  |
| 21   | Fri | 10:40 | 4.3 | 10:59 | 4.5 | 4:19  | 0.4  | 4:30  | 0.4  | 6:24  | 7:47 |  |
| 22   | Sat | 11:20 | 4.3 | 11:37 | 4.3 | 4:55  | 0.4  | 5:13  | 0.5  | 6:25  | 7:46 |  |
| 23   | Sun |       |     | 12:01 | 4.4 | 5:34  | 0.5  | 5:59  | 0.7  | 6:26  | 7:44 |  |
| 24   | Mon | 12:17 | 4.1 | 12:45 | 4.4 | 6:16  | 0.6  | 6:50  | 0.8  | 6:27  | 7:43 |  |
| 25   | Tue | 1:02  | 3.9 | 1:35  | 4.4 | 7:03  | 0.6  | 7:45  | 0.8  | 6:28  | 7:41 |  |
| 26   | Wed | 1:53  | 3.8 | 2:32  | 4.5 | 7:54  | 0.6  | 8:45  | 0.8  | 6:29  | 7:40 |  |
| 27   | Thu | 2:52  | 3.7 | 3:34  | 4.7 | 8:51  | 0.5  | 9:46  | 0.7  | 6:29  | 7:39 |  |
| 28   | Fri | 3:56  | 3.8 | 4:37  | 5.0 | 9:51  | 0.4  | 10:49 | 0.5  | 6:30  | 7:37 |  |
| 29   | Sat | 4:58  | 3.9 | 5:36  | 5.3 | 10:52 | 0.2  | 11:48 | 0.3  | 6:31  | 7:36 |  |
| 30   | Sun | 5:58  | 4.2 | 6:33  | 5.5 | 11:53 | -0.1 |       |      | 6:32  | 7:34 |  |
| 31   | Mon | 6:54  | 4.5 | 7:26  | 5.7 | 12:44 | 0.0  | 12:51 | -0.4 | 6:33  | 7:33 |  |