



Sand Shoal Inlet, VA - Jan 2025

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 10:05 | 4.4 | 10:22 | 3.3 | 3:27 | -0.2 | 4:16 | 0.1 | 7:17 | 4:56 | ☀ |
| 2 | Sat | 10:47 | 4.2 | 11:06 | 3.2 | 4:10 | 0.0 | 4:57 | 0.2 | 7:17 | 4:57 | 🌙 |
| 3 | Sun | 11:29 | 3.9 | 11:53 | 3.2 | 4:56 | 0.2 | 5:40 | 0.3 | 7:17 | 4:57 | 🌙 |
| 4 | Mon | | | 12:13 | 3.7 | 5:45 | 0.4 | 6:24 | 0.4 | 7:17 | 4:58 | 🌙 |
| 5 | Tue | 12:42 | 3.2 | 1:01 | 3.5 | 6:37 | 0.5 | 7:09 | 0.4 | 7:17 | 4:59 | 🌙 |
| 6 | Wed | 1:35 | 3.3 | 1:52 | 3.3 | 7:31 | 0.6 | 7:55 | 0.4 | 7:17 | 5:00 | 🌙 |
| 7 | Thu | 2:31 | 3.5 | 2:46 | 3.3 | 8:28 | 0.6 | 8:44 | 0.3 | 7:17 | 5:01 | 🌙 |
| 8 | Fri | 3:26 | 3.8 | 3:41 | 3.3 | 9:25 | 0.5 | 9:34 | 0.1 | 7:17 | 5:02 | 🌙 |
| 9 | Sat | 4:19 | 4.1 | 4:34 | 3.4 | 10:22 | 0.4 | 10:25 | 0.0 | 7:17 | 5:03 | 🌙 |
| 10 | Sun | 5:09 | 4.5 | 5:25 | 3.5 | 11:18 | 0.1 | 11:17 | -0.3 | 7:17 | 5:04 | ☀ |
| 11 | Mon | 5:59 | 4.8 | 6:15 | 3.6 | | | 12:10 | -0.1 | 7:16 | 5:05 | ☀ |
| 12 | Tue | 6:48 | 5.1 | 7:05 | 3.8 | 12:07 | -0.5 | 1:00 | -0.3 | 7:16 | 5:06 | ☀ |
| 13 | Wed | 7:38 | 5.3 | 7:55 | 3.9 | 12:57 | -0.7 | 1:48 | -0.5 | 7:16 | 5:07 | ☀ |
| 14 | Thu | 8:27 | 5.4 | 8:46 | 4.0 | 1:47 | -0.9 | 2:37 | -0.6 | 7:16 | 5:08 | ☀ |
| 15 | Fri | 9:17 | 5.4 | 9:38 | 4.1 | 2:37 | -0.9 | 3:26 | -0.7 | 7:15 | 5:09 | ☀ |
| 16 | Sat | 10:07 | 5.2 | 10:30 | 4.1 | 3:30 | -0.9 | 4:16 | -0.7 | 7:15 | 5:10 | ☀ |
| 17 | Sun | 10:57 | 4.9 | 11:24 | 4.1 | 4:25 | -0.7 | 5:08 | -0.6 | 7:15 | 5:11 | 🌙 |
| 18 | Mon | 11:49 | 4.4 | | | 5:24 | -0.5 | 6:02 | -0.5 | 7:14 | 5:12 | 🌙 |
| 19 | Tue | 12:22 | 4.0 | 12:44 | 4.0 | 6:26 | -0.3 | 6:56 | -0.4 | 7:14 | 5:13 | 🌙 |
| 20 | Wed | 1:23 | 3.9 | 1:44 | 3.6 | 7:30 | -0.1 | 7:52 | -0.3 | 7:13 | 5:14 | 🌙 |
| 21 | Thu | 2:29 | 3.9 | 2:46 | 3.3 | 8:36 | 0.0 | 8:48 | -0.3 | 7:13 | 5:15 | 🌙 |
| 22 | Fri | 3:34 | 4.0 | 3:49 | 3.1 | 9:44 | 0.1 | 9:46 | -0.3 | 7:12 | 5:16 | 🌙 |
| 23 | Sat | 4:34 | 4.1 | 4:47 | 3.0 | 10:49 | 0.0 | 10:41 | -0.3 | 7:12 | 5:17 | 🌙 |
| 24 | Sun | 5:28 | 4.2 | 5:39 | 3.1 | 11:46 | 0.0 | 11:33 | -0.4 | 7:11 | 5:18 | 🌙 |
| 25 | Mon | 6:16 | 4.3 | 6:25 | 3.1 | | | 12:34 | -0.1 | 7:10 | 5:19 | ☀ |
| 26 | Tue | 6:59 | 4.4 | 7:09 | 3.2 | 12:20 | -0.4 | 1:15 | -0.1 | 7:10 | 5:20 | ☀ |
| 27 | Wed | 7:41 | 4.4 | 7:51 | 3.3 | 1:03 | -0.4 | 1:53 | -0.2 | 7:09 | 5:21 | ☀ |
| 28 | Thu | 8:21 | 4.4 | 8:32 | 3.4 | 1:43 | -0.4 | 2:29 | -0.1 | 7:08 | 5:23 | ☀ |
| 29 | Fri | 9:00 | 4.4 | 9:13 | 3.5 | 2:23 | -0.4 | 3:05 | -0.1 | 7:08 | 5:24 | ☀ |
| 30 | Sat | 9:39 | 4.3 | 9:54 | 3.5 | 3:03 | -0.3 | 3:41 | 0.0 | 7:07 | 5:25 | ☀ |
| 31 | Sun | 10:17 | 4.1 | 10:34 | 3.5 | 3:43 | -0.1 | 4:19 | 0.1 | 7:06 | 5:26 | ☀ |