
































Sand Shoal Inlet, VA - Aug 2068

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 10:47 | 4.1 | 11:06 | 4.4 | 4:29 | 0.2 | 4:39 | 0.3 | 6:08 | 8:10 |  |
| 2 | Thu | 11:28 | 4.1 | 11:45 | 4.1 | 5:05 | 0.3 | 5:22 | 0.5 | 6:09 | 8:09 |  |
| 3 | Fri | | | 12:10 | 4.1 | 5:43 | 0.4 | 6:07 | 0.7 | 6:10 | 8:08 |  |
| 4 | Sat | 12:25 | 3.9 | 12:54 | 4.1 | 6:24 | 0.6 | 6:56 | 0.8 | 6:11 | 8:07 |  |
| 5 | Sun | 1:07 | 3.7 | 1:42 | 4.1 | 7:07 | 0.6 | 7:48 | 1.0 | 6:12 | 8:06 |  |
| 6 | Mon | 1:55 | 3.5 | 2:36 | 4.2 | 7:54 | 0.7 | 8:44 | 1.0 | 6:12 | 8:05 |  |
| 7 | Tue | 2:49 | 3.4 | 3:34 | 4.3 | 8:46 | 0.7 | 9:42 | 1.0 | 6:13 | 8:03 |  |
| 8 | Wed | 3:49 | 3.4 | 4:33 | 4.5 | 9:41 | 0.6 | 10:41 | 0.8 | 6:14 | 8:02 |  |
| 9 | Thu | 4:48 | 3.5 | 5:28 | 4.8 | 10:38 | 0.4 | 11:38 | 0.6 | 6:15 | 8:01 |  |
| 10 | Fri | 5:44 | 3.8 | 6:21 | 5.2 | 11:36 | 0.2 | | | 6:16 | 8:00 |  |
| 11 | Sat | 6:38 | 4.1 | 7:12 | 5.4 | 12:32 | 0.3 | 12:32 | -0.1 | 6:17 | 7:59 |  |
| 12 | Sun | 7:31 | 4.4 | 8:02 | 5.6 | 1:22 | 0.1 | 1:26 | -0.4 | 6:17 | 7:58 |  |
| 13 | Mon | 8:22 | 4.7 | 8:51 | 5.7 | 2:10 | -0.2 | 2:18 | -0.5 | 6:18 | 7:56 |  |
| 14 | Tue | 9:14 | 5.0 | 9:40 | 5.6 | 2:56 | -0.4 | 3:11 | -0.6 | 6:19 | 7:55 |  |
| 15 | Wed | 10:05 | 5.2 | 10:29 | 5.3 | 3:43 | -0.5 | 4:04 | -0.5 | 6:20 | 7:54 |  |
| 16 | Thu | 10:56 | 5.3 | 11:19 | 5.0 | 4:30 | -0.5 | 4:58 | -0.4 | 6:21 | 7:53 |  |
| 17 | Fri | 11:49 | 5.2 | | | 5:19 | -0.4 | 5:56 | -0.1 | 6:22 | 7:51 |  |
| 18 | Sat | 12:09 | 4.5 | 12:44 | 5.1 | 6:11 | -0.3 | 6:56 | 0.1 | 6:23 | 7:50 |  |
| 19 | Sun | 1:02 | 4.1 | 1:42 | 4.9 | 7:06 | -0.1 | 8:00 | 0.4 | 6:23 | 7:49 |  |
| 20 | Mon | 2:01 | 3.7 | 2:47 | 4.7 | 8:03 | 0.1 | 9:07 | 0.5 | 6:24 | 7:47 |  |
| 21 | Tue | 3:05 | 3.4 | 3:55 | 4.5 | 9:04 | 0.2 | 10:15 | 0.6 | 6:25 | 7:46 |  |
| 22 | Wed | 4:13 | 3.3 | 5:01 | 4.5 | 10:06 | 0.3 | 11:20 | 0.6 | 6:26 | 7:45 |  |
| 23 | Thu | 5:17 | 3.4 | 5:58 | 4.5 | 11:07 | 0.3 | | | 6:27 | 7:43 |  |
| 24 | Fri | 6:11 | 3.5 | 6:45 | 4.6 | 12:16 | 0.5 | 12:03 | 0.3 | 6:28 | 7:42 |  |
| 25 | Sat | 6:57 | 3.7 | 7:27 | 4.6 | 1:01 | 0.5 | 12:52 | 0.2 | 6:28 | 7:41 |  |
| 26 | Sun | 7:38 | 3.9 | 8:05 | 4.7 | 1:38 | 0.4 | 1:35 | 0.1 | 6:29 | 7:39 |  |
| 27 | Mon | 8:18 | 4.1 | 8:42 | 4.7 | 2:12 | 0.3 | 2:15 | 0.1 | 6:30 | 7:38 |  |
| 28 | Tue | 8:58 | 4.3 | 9:20 | 4.6 | 2:45 | 0.3 | 2:54 | 0.2 | 6:31 | 7:36 |  |
| 29 | Wed | 9:37 | 4.4 | 9:57 | 4.5 | 3:17 | 0.3 | 3:32 | 0.2 | 6:32 | 7:35 |  |
| 30 | Thu | 10:16 | 4.5 | 10:34 | 4.3 | 3:51 | 0.3 | 4:12 | 0.4 | 6:32 | 7:33 |  |
| 31 | Fri | 10:55 | 4.5 | 11:12 | 4.2 | 4:26 | 0.4 | 4:52 | 0.5 | 6:33 | 7:32 |  |