



NOAA Tide Predictions

Sand Shoal Inlet (Coast Guard Station), Virginia, 2015

The NOAA Tide Predictions application provides predictions in both graphical and tabular formats, with many user selected options, for over 3000 stations broken down by key areas in each state. Users can also access stations via the Google map interface. Additional information can be found in the help page.

Station Types: The NOAA Tide Predictions application provides predictions from 2 distinct categories of stations at over 3000 locations:

Harmonic - The predicted height values for Harmonic stations are conducted by combining the harmonic constituents into a single tide curve.

Subordinate - The high and low height values for Subordinate stations are obtained by means and differences, and ratios applied to the full harmonic constant predictions at a specific Harmonic station (a Reference station).

Disclaimer: The official Tide prediction tables are published annually on October 1, for the following calendar year. Tide predictions generated prior to the publishing date of the official tables are subject to change. The predictions from the web based NOAA Tidal Predictions are based upon the latest information available as of the date of your request. Tide predictions generated may differ from the official published predictions if information for the station requested has been updated since the publishing date of the official published tables.



StationId:8631542
 Source:NOAA/NOS/CO-OPS
 Station Type:Subordinate
 Time Zone:LST/LDT
 Datum:mean lower low water (MLLW) which is the chart datum of soundings

Sand Shoal Inlet (Coast Guard Station), Virginia, 2015

Times and Heights of High and Low Waters

January					February					March													
Time		Height		Time		Height		Time		Height		Time		Height									
h	m	ft	cm	h	m	ft	cm	h	m	ft	cm	h	m	ft	cm								
1	04:48 AM	4.3	131	16	04:04 AM	4.1	125	1	06:10 AM	4.1	125	16	05:24 AM	4.8	146	1	05:02 AM	3.8	116	16	05:01 AM	4.5	137
Th	11:00 AM	0.0	0	F	10:09 AM	0.3	9	Su	12:26 PM	0.0	0	M	11:34 AM	-0.2	-6	Su	11:15 AM	0.3	9	M	11:10 AM	0.1	3
	05:00 PM	3.3	101		04:19 PM	3.4	104		06:18 PM	3.2	98		05:42 PM	3.9	119		05:12 PM	3.1	94		05:24 PM	3.8	116
	10:56 PM	-0.4	-12		10:13 PM	-0.1	-3						11:40 PM	-0.7	-21		11:08 PM	0.0	0		11:22 PM	-0.3	-9
2	05:40 AM	4.4	134	17	04:57 AM	4.5	137	2	12:14 AM	-0.4	-12	17	06:18 AM	5.1	155	2	05:47 AM	3.9	119	17	06:00 AM	4.8	146
F	11:56 AM	-0.1	-3	Sa	11:06 AM	0.1	3	M	06:52 AM	4.2	128	Tu	12:27 PM	-0.5	-15	M	11:58 AM	0.2	6	Tu	12:07 PM	-0.2	-6
	05:50 PM	3.3	101		05:13 PM	3.5	107		01:05 PM	-0.1	-3		06:36 PM	4.2	128		05:56 PM	3.3	101		06:22 PM	4.2	128
	11:46 PM	-0.4	-12		11:07 PM	-0.4	-12		07:01 PM	3.3	101						11:55 PM	-0.1	-3				
3	06:27 AM	4.5	137	18	05:49 AM	4.8	146	3	12:56 AM	-0.4	-12	18	12:35 AM	-1.0	-30	3	06:28 AM	4.1	125	18	12:23 AM	-0.6	-18
Sa	12:43 PM	-0.2	-6	Su	12:00 PM	-0.2	-6	Tu	07:32 AM	4.3	131	W	07:10 AM	5.3	162	Tu	12:35 PM	0.1	3	W	06:55 AM	5.0	152
	06:37 PM	3.3	101		06:05 PM	3.7	113	○	01:40 PM	-0.1	-3	●	01:17 PM	-0.7	-21		06:37 PM	3.5	107		01:01 PM	-0.5	-15
									07:42 PM	3.5	107		07:29 PM	4.5	137		07:16 PM	4.6	140		07:16 PM	4.6	140
4	12:32 AM	-0.5	-15	19	12:00 AM	-0.6	-18	4	01:36 AM	-0.4	-12	19	01:28 AM	-1.1	-34	4	12:36 AM	-0.2	-6	19	01:19 AM	-0.8	-24
Su	07:11 AM	4.6	140	M	06:40 AM	5.1	155	W	08:10 AM	4.3	131	Th	08:01 AM	5.3	162	W	07:06 AM	4.1	125	Th	07:48 AM	5.1	155
	01:26 PM	-0.2	-6		12:51 PM	-0.4	-12		02:15 PM	-0.1	-3		02:05 PM	-0.9	-27		01:09 PM	0.0	0		01:51 PM	-0.7	-21
	07:22 PM	3.4	104		06:57 PM	4.0	122		08:22 PM	3.6	110		08:22 PM	4.7	143		07:16 PM	3.7	113		08:09 PM	4.9	149
5	01:15 AM	-0.5	-15	20	12:52 AM	-0.9	-27	5	02:15 AM	-0.4	-12	20	02:21 AM	-1.2	-37	5	01:15 AM	-0.3	-9	20	02:13 AM	-1.0	-30
M	07:53 AM	4.6	140	Tu	07:31 AM	5.3	162	Th	08:49 AM	4.3	131	F	08:51 AM	5.2	158	Th	07:43 AM	4.2	128	F	08:39 AM	5.1	155
○	02:05 PM	-0.2	-6	●	01:40 PM	-0.7	-21		02:49 PM	-0.1	-3		02:53 PM	-1.0	-30	○	01:42 PM	0.0	0	●	02:39 PM	-0.9	-27
	08:05 PM	3.4	104		07:49 PM	4.2	128		09:02 PM	3.7	113		09:13 PM	4.8	146		07:55 PM	3.9	119		09:01 PM	5.2	158
6	01:56 AM	-0.4	-12	21	01:43 AM	-1.0	-30	6	02:53 AM	-0.3	-9	21	03:13 AM	-1.1	-34	6	01:53 AM	-0.3	-9	21	03:06 AM	-1.1	-34
Tu	08:34 AM	4.5	137	W	08:21 AM	5.4	165	F	09:26 AM	4.2	128	Sa	09:41 AM	4.9	149	F	08:21 AM	4.2	128	Sa	09:29 AM	4.9	149
	02:43 PM	-0.2	-6		02:28 PM	-0.8	-24		03:25 PM	-0.1	-3		03:41 PM	-0.9	-27		02:16 PM	0.0	0		03:26 PM	-0.9	-27
	08:47 PM	3.4	104		08:41 PM	4.3	131		09:42 PM	3.7	113		10:05 PM	4.8	146		08:34 PM	4.1	125		09:52 PM	5.2	158
7	02:37 AM	-0.4	-12	22	02:35 AM	-1.1	-34	7	03:33 AM	-0.1	-3	22	04:08 AM	-0.9	-27	7	02:30 AM	-0.2	-6	22	03:58 AM	-1.0	-30
W	09:14 AM	4.4	134	Th	09:11 AM	5.3	162	Sa	10:04 AM	4.1	125	Su	10:30 AM	4.6	140	Sa	08:58 AM	4.2	128	Su	10:19 AM	4.7	143
	03:21 PM	-0.1	-3		03:17 PM	-0.9	-27		04:01 PM	0.0	0		04:31 PM	-0.8	-24		02:50 PM	0.0	0		04:14 PM	-0.8	-24
	09:29 PM	3.4	104		09:33 PM	4.4	134		10:21 PM	3.7	113		10:57 PM	4.7	143		09:13 PM	4.1	125		10:43 PM	5.2	158
8	03:17 AM	-0.2	-6	23	03:28 AM	-1.0	-30	8	04:14 AM	0.0	0	23	05:04 AM	-0.6	-18	8	04:09 AM	-0.1	-3	23	04:50 AM	-0.8	-24
Th	09:54 AM	4.3	131	F	10:01 AM	5.1	155	Su	10:41 AM	3.9	119	M	11:20 AM	4.1	125	Su	10:35 AM	4.1	125	M	11:08 AM	4.4	134
	03:59 PM	0.0	0		04:07 PM	-0.8	-24		04:40 PM	0.1	3		05:23 PM	-0.6	-18		04:26 PM	0.1	3		05:03 PM	-0.6	-18
	10:11 PM	3.4	104		10:25 PM	4.4	134		11:02 PM	3.7	113		11:51 PM	4.4	134		10:51 PM	4.2	128		11:33 PM	5.0	152
9	04:00 AM	0.0	0	24	04:23 AM	-0.8	-24	9	04:59 AM	0.2	6	24	06:03 AM	-0.3	-9	9	04:49 AM	0.0	0	24	05:45 AM	-0.5	-15
F	10:33 AM	4.1	125	Sa	10:51 AM	4.7	143	M	11:20 AM	3.7	113	Tu	12:13 PM	3.7	113	M	11:12 AM	3.9	119	Tu	11:57 AM	4.0	122
	04:39 PM	0.1	3		04:58 PM	-0.7	-21		05:20 PM	0.2	6		06:18 PM	-0.4	-12		05:03 PM	0.1	3		05:54 PM	-0.4	-12
	10:53 PM	3.4	104		11:19 PM	4.3	131		11:45 PM	3.7	113						11:31 PM	4.2	128				
10	04:44 AM	0.2	6	25	05:22 AM	-0.6	-18	10	05:46 AM	0.4	12	25	12:49 AM	4.1	125	10	05:32 AM	0.2	6	25	12:25 AM	4.7	143
Sa	11:13 AM	3.9	119	Su	11:42 AM	4.3	131	Tu	12:02 PM	3.5	107	○	07:05 AM	0.0	0	Tu	11:51 AM	3.7	113	W	06:41 AM	-0.2	-6
	05:20 PM	0.2	6		05:52 PM	-0.6	-18		06:04 PM	0.3	9	●	01:10 PM	3.3	101		05:43 PM	0.2	6		12:49 PM	3.6	110
	11:37 PM	3.4	104										07:15 PM	-0.2	-6		06:49 PM	-0.1	-3		06:49 PM	-0.1	-3
11	05:31 AM	0.3	9	26	12:16 AM	4.2	128	11	12:33 AM	3.7	113	26	01:53 AM	3.9	119	11	12:12 AM	4.1	125	26	01:20 AM	4.3	131
Su	11:55 AM	3.7	113	M	06:23 AM	-0.3	-9	W	06:39 AM	0.5	15	Th	08:09 AM	0.2	6	W	06:19 AM	0.3	9	Th	07:40 AM	0.1	3
	06:03 PM	0.3	9		12:37 PM	3.8	116		12:50 PM	3.3	101		02:13 PM	3.0	91		12:32 PM	3.6	110		01:44 PM	3.3	101
					06:46 PM	-0.5	-15		06:53 PM	0.3	9		08:14 PM	0.0	0		06:28 PM	0.3	9		07:46 PM	0.1	3
12	12:24 AM	3.4	104	27	01:16 AM	4.0	122	12	01:27 AM	3.8	116	27	03:01 AM	3.8	116	12	12:59 AM	4.1	125	27	02:19 AM	4.0	122
M	06:21 AM	0.5	15	Tu	07:26 AM	-0.1	-3	Th	07:35 AM	0.5	15	F	09:16 AM	0.3	9	Th	07:11 AM	0.4	12	F	08:41 AM	0.3	9
	12:40 PM	3.5	107	●	01:36 PM	3.4	104	●	01:45 PM	3.2	98		03:20 PM	2.9	88		01:19 PM	3.4	104		02:45 PM	3.1	94
	06:47 PM	0.3	9		07:43 PM	-0.3	-9		07:46 PM	0.2	6		09:15 PM	0.1	3		07:19 PM	0.3	9		08:45 PM	0.3	9
13	01:15 AM	3.4	104	28	02:22 AM	3.9	119	13	02:27 AM	3.9	119	28	04:06 AM	3.8	116	13	01:52 AM	4.1	125	28	03:24 AM	3.8	116
Tu	07:15 AM	0.6	18	W	08:32 AM	0.1	3	F	08:35 AM	0.5	15	Sa	10:20 AM	0.3	9	F	08:07 AM	0.5	15	Sa	09:43 AM	0.5	15
●	01:31 PM	3.3	101		02:39 PM	3.1	94		12:46 PM	3.2	98		04:21 PM	3.0	91		02:15 PM	3.3	101		03:50 PM	3.1	94
	07:35 PM	0.3	9		08:41 PM	-0.2	-6		08:43 PM	0.1	3		10:14 PM	0.1	3	●	08:15 PM	0.3	9		09:46 PM	0.4	12
14	02:11 AM	3.6	110	29	03:29 AM	3.9	119	14	03:29 AM	4.1	125	29	04:06 AM	3.8	116	14	02:54 AM	4.1	125	29	04:30 AM	3.7	113
W	08:11 AM	0.6	18	Th	09:40 AM	0.1	3	Sa	09:37 AM	0.3	9	Sa	09:07 AM	0.5	15	Sa	09:07 AM	0.5	15	Su	10:42 AM	0.5	15
	02:26 PM	3.2	98		03:43 PM	3.0	91		03:48 PM	3.3	101		03:18 PM	3.4	104		03:18 PM	3.4	104		04:52 PM	3.2	98
	08:25 PM	0.2	6		09:39 PM	-0.2	-6		09:43 PM	-0.1	-3		09:16 PM	0.2	6		09:16 PM	0.2	6		10:46 PM	0.4	12
15	03:08 AM	3.8	116	30	04:31 AM	4.0	122	15	04:28 AM	4.5	137	15	03:58 AM	4.3	131	15	03:58 AM	4.3	131	30	05:26 AM	3.7	113
Th	09:10 AM	0.5	15	F	10:45 AM	0.1	3	Su	10:37 AM	0.1	3	Su	10:09 AM	0.3	9	Su	10:09 AM	0.3	9	M	11:34 AM	0.5	15
	03:23 PM	3.2	98		04:42 PM	3.0	91		04:46 PM	3.6	110		04:23 PM	3.5	107		04:23 PM	3.5	107		05:43 PM	3.4	104
	09:18 PM	0.1	3		10:36 PM	-0.2	-6		10:43 PM	-0.4	-12		10:19 PM										



Sand Shoal Inlet (Coast Guard Station), Virginia, 2015

Times and Heights of High and Low Waters

April				May				June			
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height
h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm
1 W	12:28 AM 0.2 6 06:54 AM 3.9 119 12:55 PM 0.3 9 07:08 PM 3.9 119	16 Th	12:07 AM -0.4 -12 06:31 AM 4.7 143 12:34 PM -0.4 -12 06:57 PM 5.0 152	1 F	12:40 AM 0.3 9 06:56 AM 3.9 119 12:49 PM 0.3 9 07:16 PM 4.4 134	16 Sa	12:51 AM -0.4 -12 07:02 AM 4.3 131 12:59 PM -0.5 -15 07:31 PM 5.3 162	1 M	01:36 AM 0.2 6 07:44 AM 3.9 119 01:32 PM 0.1 3 08:09 PM 5.1 155	16 Tu	02:22 AM -0.3 -9 08:23 AM 3.8 116 02:14 PM -0.4 -12 08:52 PM 5.2 158
2 Th	01:11 AM 0.1 3 07:33 AM 4.0 122 01:31 PM 0.2 6 07:48 PM 4.1 125	17 F	01:05 AM -0.6 -18 07:25 AM 4.8 146 01:24 PM -0.6 -18 07:50 PM 5.3 162	2 Sa	01:23 AM 0.2 6 07:36 AM 4.0 122 01:27 PM 0.2 6 07:56 PM 4.7 143	17 Su	01:45 AM -0.5 -15 07:54 AM 4.2 128 01:48 PM -0.6 -18 08:21 PM 5.4 165	2 Tu	02:19 AM 0.1 3 08:28 AM 3.9 119 02:15 PM 0.0 0 08:53 PM 5.2 158	17 W	03:08 AM -0.3 -9 09:11 AM 3.8 116 03:00 PM -0.4 -12 09:38 PM 5.1 155
3 F	01:51 AM 0.0 0 08:12 AM 4.1 125 02:06 PM 0.1 3 08:27 PM 4.3 131	18 Sa	01:59 AM -0.8 -24 08:16 AM 4.7 143 02:13 PM -0.7 -21 08:41 PM 5.4 165	3 Su	02:03 AM 0.1 3 08:17 AM 4.0 122 02:06 PM 0.1 3 08:37 PM 4.9 149	18 M	02:36 AM -0.6 -18 08:44 AM 4.2 128 02:36 PM -0.6 -18 09:11 PM 5.4 165	3 W	03:03 AM 0.0 0 09:13 AM 4.0 122 02:59 PM -0.1 -3 09:37 PM 5.3 162	18 Th	03:52 AM -0.2 -6 09:58 AM 3.7 113 03:46 PM -0.2 -6 10:22 PM 4.9 149
4 Sa	02:29 AM -0.1 -3 08:50 AM 4.1 125 02:41 PM 0.1 3 09:06 PM 4.5 137	19 Su	02:51 AM -0.8 -24 09:07 AM 4.6 140 03:00 PM -0.8 -24 09:31 PM 5.5 168	4 M	02:44 AM 0.0 0 08:58 AM 4.0 122 02:44 PM 0.1 3 09:18 PM 5.0 152	19 Tu	03:25 AM -0.5 -15 09:33 AM 4.0 122 03:23 PM -0.5 -15 09:59 PM 5.3 162	4 Th	03:48 AM -0.1 -3 09:59 AM 4.0 122 03:44 PM -0.1 -3 10:23 PM 5.3 162	19 F	04:36 AM -0.1 -3 10:44 AM 3.7 113 04:31 PM 0.0 0 11:06 PM 4.7 143
5 Su	03:07 AM -0.1 -3 09:28 AM 4.1 125 03:16 PM 0.1 3 09:45 PM 4.6 140	20 M	03:42 AM -0.8 -24 09:56 AM 4.4 134 03:47 PM -0.6 -18 10:21 PM 5.3 162	5 Tu	03:24 AM 0.0 0 09:40 AM 4.0 122 03:24 PM 0.1 3 09:59 PM 5.0 152	20 W	04:13 AM -0.4 -12 10:22 AM 3.9 119 04:10 PM -0.3 -9 10:46 PM 5.1 155	5 F	04:34 AM -0.1 -3 10:47 AM 4.0 122 04:33 PM 0.0 0 11:10 PM 5.2 158	20 Sa	05:20 AM 0.1 3 11:29 AM 3.6 110 05:18 PM 0.2 6 11:49 PM 4.4 134
6 M	03:46 AM 0.0 0 10:07 AM 4.0 122 03:53 PM 0.1 3 10:24 PM 4.6 140	21 Tu	04:32 AM -0.6 -18 10:45 AM 4.1 125 04:36 PM -0.5 -15 11:10 PM 5.1 155	6 W	04:07 AM 0.0 0 10:22 AM 4.0 122 04:05 PM 0.1 3 10:42 PM 5.0 152	21 Th	05:02 AM -0.2 -6 11:10 AM 3.7 113 04:58 PM -0.1 -3 11:33 PM 4.8 146	6 Sa	05:23 AM -0.1 -3 11:36 AM 4.0 122 05:25 PM 0.0 0 11:59 PM 5.1 155	21 Su	06:03 AM 0.2 6 12:14 PM 3.6 110 06:06 PM 0.4 12
7 Tu	04:27 AM 0.1 3 10:46 AM 3.9 119 04:31 PM 0.2 6 11:04 PM 4.6 140	22 W	05:24 AM -0.3 -9 11:34 AM 3.9 119 05:26 PM -0.2 -6 11:59 PM 4.8 146	7 Th	04:52 AM 0.1 3 11:05 AM 3.9 119 04:50 PM 0.2 6 11:27 PM 5.0 152	22 F	05:50 AM 0.0 0 11:57 AM 3.6 110 05:48 PM 0.2 6	7 Su	06:15 AM 0.0 0 12:28 PM 4.0 122 06:22 PM 0.1 3	22 M	12:33 AM 4.2 128 06:47 AM 0.4 12 01:01 PM 3.6 110 06:56 PM 0.6 18
8 W	05:10 AM 0.2 6 11:26 AM 3.8 116 05:13 PM 0.3 9 11:47 PM 4.6 140	23 Th	06:17 AM -0.1 -3 12:24 PM 3.6 110 06:19 PM 0.1 3	8 F	05:41 AM 0.2 6 11:52 AM 3.8 116 05:41 PM 0.2 6	23 Sa	12:20 AM 4.5 137 06:40 AM 0.2 6 12:46 PM 3.5 107 06:40 PM 0.4 12	8 M	12:51 AM 4.8 146 07:08 AM 0.0 0 01:24 PM 4.1 125 07:23 PM 0.2 6	23 Tu	01:18 AM 3.9 119 07:32 AM 0.5 15 01:51 PM 3.6 110 07:49 PM 0.7 21
9 Th	05:58 AM 0.3 9 12:09 PM 3.7 113 06:01 PM 0.3 9	24 F	12:50 AM 4.4 134 07:12 AM 0.2 6 01:16 PM 3.4 104 07:14 PM 0.3 9	9 Sa	12:15 AM 4.9 149 06:33 AM 0.2 6 12:42 PM 3.8 116 06:36 PM 0.3 9	24 Su	01:08 AM 4.1 125 07:29 AM 0.4 12 01:38 PM 3.4 104 07:35 PM 0.6 18	9 Tu	01:46 AM 4.6 140 08:02 AM 0.0 0 02:25 PM 4.1 125 08:26 PM 0.2 6	24 W	02:07 AM 3.7 113 08:16 AM 0.5 15 02:44 PM 3.7 113 08:42 PM 0.8 24
10 F	12:34 AM 4.5 137 06:50 AM 0.4 12 12:58 PM 3.6 110 06:54 PM 0.4 12	25 Sa	01:44 AM 4.1 125 08:07 AM 0.4 12 02:13 PM 3.2 98 08:12 PM 0.5 15	10 Su	01:08 AM 4.7 143 07:28 AM 0.2 6 01:39 PM 3.8 116 07:37 PM 0.3 9	25 M	01:59 AM 3.9 119 08:17 AM 0.5 15 02:33 PM 3.4 104 08:30 PM 0.7 21	10 W	02:46 AM 4.3 131 08:57 AM -0.1 -3 03:28 PM 4.3 131 09:30 PM 0.2 6	25 Th	02:58 AM 3.5 107 09:01 AM 0.6 18 03:38 PM 3.8 116 09:37 PM 0.8 24
11 Sa	01:27 AM 4.4 134 07:46 AM 0.4 12 01:54 PM 3.5 107 07:53 PM 0.4 12	26 Su	02:42 AM 3.8 116 09:02 AM 0.5 15 03:14 PM 3.2 98 09:10 PM 0.6 18	11 M	02:06 AM 4.6 140 08:24 AM 0.2 6 02:41 PM 3.9 119 08:40 PM 0.3 9	26 Tu	02:53 AM 3.7 113 09:04 AM 0.6 18 03:30 PM 3.5 107 09:26 PM 0.8 24	11 Th	03:48 AM 4.1 125 09:53 AM -0.1 -3 04:30 PM 4.5 137 10:35 PM 0.1 3	26 F	03:52 AM 3.5 107 09:48 AM 0.5 15 04:31 PM 4.1 125 10:32 PM 0.8 24
12 Su	02:27 AM 4.4 134 08:45 AM 0.4 12 02:57 PM 3.6 110 08:56 PM 0.3 9	27 M	03:42 AM 3.7 113 09:54 AM 0.6 18 04:14 PM 3.4 104 10:08 PM 0.6 18	12 Tu	03:08 AM 4.4 134 09:21 AM 0.1 3 03:45 PM 4.1 125 09:45 PM 0.2 6	27 W	03:48 AM 3.6 110 09:50 AM 0.6 18 04:24 PM 3.7 113 10:21 PM 0.7 21	12 Th	04:49 AM 4.0 122 10:48 AM -0.2 -6 05:29 PM 4.8 146 11:39 PM 0.0 0	27 Sa	04:45 AM 3.5 107 10:36 AM 0.4 12 05:21 PM 4.3 131 11:26 PM 0.7 21
13 M	03:32 AM 4.4 134 09:44 AM 0.3 9 04:03 PM 3.8 116 10:00 PM 0.1 3	28 Tu	04:39 AM 3.7 113 10:43 AM 0.6 18 05:07 PM 3.6 110 11:04 PM 0.6 18	13 W	04:11 AM 4.4 134 10:17 AM 0.0 0 04:48 PM 4.4 134 10:49 PM 0.0 0	28 Th	04:40 AM 3.6 110 10:36 AM 0.5 15 05:13 PM 4.0 122 11:14 PM 0.7 21	13 Sa	05:47 AM 3.9 119 11:43 AM -0.3 -9 06:23 PM 5.0 152	28 Su	05:35 AM 3.6 110 11:25 AM 0.3 9 06:09 PM 4.6 140
14 Tu	04:36 AM 4.5 137 10:43 AM 0.1 3 05:05 PM 4.2 128 11:05 PM -0.1 -3	29 W	05:29 AM 3.7 113 11:27 AM 0.5 15 05:53 PM 3.9 119 11:54 PM 0.5 15	14 Th	05:12 AM 4.3 131 11:13 AM -0.2 -6 05:45 PM 4.8 146 11:52 PM -0.2 -6	29 F	05:29 AM 3.6 110 11:21 AM 0.4 12 05:59 PM 4.3 131	14 Su	12:38 AM -0.1 -3 06:41 AM 3.9 119 12:36 PM -0.4 -12 07:15 PM 5.2 158	29 M	12:18 AM 0.5 15 06:24 AM 3.7 113 12:14 PM 0.2 6 06:55 PM 4.9 149
15 W	05:35 AM 4.6 140 11:40 AM -0.2 -6 06:03 PM 4.6 140	30 Th	06:14 AM 3.8 116 12:09 PM 0.4 12 06:35 PM 4.2 128	15 F	06:08 AM 4.3 131 12:07 PM -0.4 -12 06:39 PM 5.1 155	30 Sa	12:04 AM 0.5 15 06:15 AM 3.7 113 12:06 PM 0.3 9 06:43 PM 4.6 140	15 M	01:32 AM -0.2 -6 07:33 AM 3.8 116 01:26 PM -0.4 -12 08:04 PM 5.2 158	30 Tu	01:07 AM 0.3 9 07:12 AM 3.8 116 01:02 PM 0.0 0 07:42 PM 5.2 158
						31 Su	12:51 AM 0.4 12 07:00 AM 3.8 116 12:49 PM 0.2 6 07:25 PM 4.8 146				



Sand Shoal Inlet (Coast Guard Station), Virginia, 2015

Times and Heights of High and Low Waters

July					August					September				
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	
h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	h m	ft cm	
1 W	01:54 AM 0.1 3 08:00 AM 4.0 122 01:50 PM -0.2 -6 08:29 PM 5.4 165	16 Th	02:48 AM -0.1 -3 08:49 AM 3.7 113 02:40 PM -0.2 -6 09:16 PM 4.9 149	1 Sa	03:03 AM -0.3 -9 09:16 AM 4.7 143 03:09 PM -0.5 -15 09:44 PM 5.7 174	16 Su	03:33 AM 0.2 6 09:47 AM 4.2 128 03:40 PM 0.1 3 10:09 PM 4.6 140	1 Tu	04:12 AM -0.5 -15 10:38 AM 5.5 168 04:40 PM -0.5 -15 11:01 PM 5.1 155	16 W	04:08 AM 0.4 12 10:36 AM 4.7 143 04:34 PM 0.5 15 10:54 PM 4.3 131			
2 Th	02:40 AM -0.1 -3 08:48 AM 4.1 125 02:37 PM -0.3 -9 09:16 PM 5.5 168	17 F	03:28 AM 0.0 0 09:33 AM 3.8 116 03:23 PM -0.1 -3 09:57 PM 4.8 146	2 Su	03:50 AM -0.4 -12 10:07 AM 4.8 146 04:02 PM -0.5 -15 10:33 PM 5.5 168	17 M	04:09 AM 0.2 6 10:28 AM 4.2 128 04:20 PM 0.3 9 10:47 PM 4.5 137	2 W	05:01 AM -0.4 -12 11:30 AM 5.4 165 05:36 PM -0.2 -6 11:52 PM 4.7 143	17 Th	04:45 AM 0.5 15 11:16 AM 4.6 140 05:16 PM 0.7 21 11:33 PM 4.1 125			
3 F	03:26 AM -0.2 -6 09:38 AM 4.2 128 03:26 PM -0.3 -9 10:04 PM 5.5 168	18 Sa	04:07 AM 0.0 0 10:16 AM 3.8 116 04:05 PM 0.0 0 10:38 PM 4.6 140	3 M	04:38 AM -0.5 -15 10:59 AM 4.9 149 04:56 PM -0.4 -12 11:23 PM 5.2 158	18 Tu	04:45 AM 0.3 9 11:08 AM 4.3 131 05:01 PM 0.4 12 11:26 PM 4.3 131	3 Th	05:53 AM -0.3 -9 12:24 PM 5.2 158 06:36 PM 0.0 0	18 F	05:24 AM 0.6 18 11:57 AM 4.6 140 06:02 PM 0.8 24			
4 Sa	04:14 AM -0.3 -9 10:28 AM 4.3 131 04:17 PM -0.3 -9 10:52 PM 5.4 165	19 Su	04:45 AM 0.1 3 10:58 AM 3.9 119 04:48 PM 0.2 6 11:18 PM 4.5 137	4 Tu	05:28 AM -0.4 -12 11:52 AM 4.9 149 05:53 PM -0.2 -6	19 W	05:23 AM 0.5 15 11:49 AM 4.2 128 05:46 PM 0.6 18	4 F	12:45 AM 4.3 131 06:48 AM -0.1 -3 01:21 PM 5.0 152 07:39 PM 0.3 9	19 Sa	12:14 AM 3.9 119 06:07 AM 0.8 24 12:42 PM 4.5 137 06:53 PM 0.9 27			
5 Su	05:02 AM -0.3 -9 11:19 AM 4.4 134 05:11 PM -0.2 -6 11:42 PM 5.2 158	20 M	05:24 AM 0.3 9 11:41 AM 3.9 119 05:32 PM 0.4 12 11:59 PM 4.2 128	5 W	12:13 AM 4.8 146 06:20 AM -0.3 -9 12:46 PM 4.8 146 06:53 PM 0.0 0	20 Th	12:05 AM 4.1 125 06:03 AM 0.6 18 12:31 PM 4.2 128 06:33 PM 0.8 24	5 Sa	01:43 AM 3.9 119 07:46 AM 0.1 3 02:24 PM 4.7 143 08:44 PM 0.5 15	20 Su	01:00 AM 3.8 116 06:56 AM 0.8 24 01:32 PM 4.5 137 07:48 PM 1.0 30			
6 M	05:53 AM -0.3 -9 12:11 PM 4.4 134 06:08 PM -0.1 -3	21 Tu	06:05 AM 0.4 12 12:24 PM 3.9 119 06:19 PM 0.6 18	6 Th	01:06 AM 4.4 134 07:14 AM -0.2 -6 01:45 PM 4.7 143 07:56 PM 0.2 6	21 F	12:47 AM 3.8 116 06:46 AM 0.7 21 01:18 PM 4.2 128 07:24 PM 0.9 27	6 Su	02:46 AM 3.6 110 08:46 AM 0.3 9 03:32 PM 4.5 137 09:50 PM 0.6 18	21 M	01:53 AM 3.7 113 07:51 AM 0.8 24 02:30 PM 4.5 137 08:45 PM 1.0 30			
7 Tu	12:33 AM 4.9 149 06:45 AM -0.2 -6 01:07 PM 4.4 134 07:09 PM 0.0 0	22 W	12:40 AM 4.0 122 06:46 AM 0.5 15 01:10 PM 3.9 119 07:09 PM 0.8 24	7 F	02:04 AM 4.0 122 08:10 AM -0.1 -3 02:48 PM 4.6 140 09:01 PM 0.4 12	22 Sa	01:33 AM 3.7 113 07:33 AM 0.7 21 02:09 PM 4.2 128 08:18 PM 1.0 30	7 M	03:54 AM 3.5 107 09:48 AM 0.4 12 04:39 PM 4.5 137 10:55 PM 0.6 18	22 Tu	02:54 AM 3.7 113 08:50 AM 0.7 21 03:32 PM 4.7 143 09:44 PM 0.8 24			
8 W	01:27 AM 4.5 137 08:34 AM -0.2 -6 02:06 PM 4.4 134 08:12 PM 0.2 6	23 Th	01:24 AM 3.8 116 07:30 AM 0.6 18 01:59 PM 3.9 119 08:01 PM 0.9 27	8 Sa	03:06 AM 3.7 113 09:08 AM 0.1 3 03:54 PM 4.6 140 10:08 PM 0.4 12	23 Su	02:26 AM 3.6 110 08:24 AM 0.7 21 03:07 PM 4.3 131 09:16 PM 1.0 30	8 Tu	05:00 AM 3.5 107 10:49 AM 0.4 12 05:37 PM 4.5 137 11:52 PM 0.6 18	23 W	03:58 AM 3.9 119 09:51 AM 0.6 18 04:34 PM 4.9 149 10:43 PM 0.6 18			
9 Th	02:25 AM 4.1 125 08:34 AM -0.2 -6 03:09 PM 4.5 137 09:16 PM 0.2 6	24 F	02:13 AM 3.6 110 08:15 AM 0.6 18 02:52 PM 4.0 122 08:55 PM 0.9 27	9 Su	04:12 AM 3.5 107 10:07 AM 0.1 3 04:58 PM 4.6 140 11:14 PM 0.4 12	24 M	03:25 AM 3.6 110 09:19 AM 0.7 21 04:06 PM 4.5 137 10:14 PM 0.9 27	9 W	05:54 AM 3.6 110 11:46 AM 0.4 12 06:26 PM 4.5 137	24 Th	04:59 AM 4.2 128 10:53 AM 0.3 9 05:31 PM 5.1 155 11:39 PM 0.3 9			
10 F	03:27 AM 3.8 116 09:30 AM -0.1 -3 04:13 PM 4.6 140 10:22 PM 0.3 9	25 Sa	03:06 AM 3.5 107 09:04 AM 0.6 18 03:48 PM 4.1 125 09:51 PM 0.9 27	10 M	05:14 AM 3.5 107 11:06 AM 0.1 3 05:56 PM 4.6 140	25 Tu	04:25 AM 3.7 113 10:17 AM 0.5 15 05:04 PM 4.8 146 11:13 PM 0.7 21	10 Th	12:39 AM 0.5 15 06:40 AM 3.8 116 12:35 PM 0.3 9 07:07 PM 4.6 140	25 F	05:55 AM 4.6 140 11:53 AM 0.0 0 06:25 PM 5.3 162			
11 Sa	04:29 AM 3.6 110 10:26 AM -0.1 -3 05:14 PM 4.7 143 11:27 PM 0.2 6	26 Su	04:02 AM 3.5 107 09:55 AM 0.5 15 04:43 PM 4.4 134 10:48 PM 0.8 24	11 Tu	12:14 AM 0.4 12 06:10 AM 3.5 107 12:02 PM 0.1 3 06:46 PM 4.7 143	26 W	05:23 AM 3.9 119 11:16 AM 0.3 9 05:58 PM 5.1 155	11 F	01:18 AM 0.4 12 07:21 AM 4.0 122 01:19 PM 0.2 6 07:46 PM 4.6 140	26 Sa	12:32 AM 0.0 0 06:49 AM 5.0 152 12:50 PM -0.3 -9 07:17 PM 5.5 168			
12 Su	05:29 AM 3.6 110 11:23 AM -0.1 -3 06:09 PM 4.8 146	27 M	04:58 AM 3.6 110 10:48 AM 0.4 12 05:36 PM 4.7 143 11:44 PM 0.6 18	12 W	01:04 AM 0.3 9 06:59 AM 3.6 110 12:53 PM 0.0 0 07:30 PM 4.8 146	27 Th	12:08 AM 0.4 12 06:18 AM 4.3 131 12:13 PM 0.0 0 06:51 PM 5.4 165	12 Sa	01:52 AM 0.3 9 08:01 AM 4.3 131 01:59 PM 0.2 6 08:23 PM 4.7 143	27 Su	01:22 AM -0.3 -9 07:41 AM 5.4 165 01:45 PM -0.5 -15 08:08 PM 5.5 168			
13 M	12:27 AM 0.1 3 06:24 AM 3.6 110 12:18 PM -0.2 -6 07:00 PM 4.9 149	28 Tu	05:51 AM 3.7 113 11:42 AM 0.2 6 06:26 PM 5.0 152	13 Th	01:46 AM 0.2 6 07:43 AM 3.8 116 01:38 PM 0.0 0 08:12 PM 4.8 146	28 F	01:00 AM 0.1 3 07:11 AM 4.6 140 01:08 PM -0.3 -9 07:41 PM 5.6 171	13 Su	02:25 AM 0.3 9 08:39 AM 4.4 134 02:37 PM 0.2 6 09:01 PM 4.6 140	28 M	02:10 AM -0.5 -15 08:33 AM 5.7 174 02:38 PM -0.6 -18 08:59 PM 5.4 165			
14 Tu	01:20 AM 0.0 0 07:15 AM 3.6 110 01:09 PM -0.2 -6 07:48 PM 5.0 152	29 W	12:37 AM 0.3 9 06:43 AM 4.0 122 12:36 PM 0.0 0 07:16 PM 5.3 162	14 F	02:23 AM 0.2 6 08:26 AM 3.9 119 02:20 PM 0.0 0 08:51 PM 4.8 146	29 Sa	01:49 AM -0.2 -6 08:03 AM 4.9 149 02:01 PM -0.5 -15 08:32 PM 5.7 174	14 M	02:58 AM 0.3 9 09:18 AM 4.6 140 03:15 PM 0.2 6 09:39 PM 4.6 140	29 Tu	02:57 AM -0.6 -18 09:25 AM 5.8 177 03:30 PM -0.6 -18 09:49 PM 5.2 158			
15 W	02:06 AM 0.0 0 08:03 AM 3.7 113 01:56 PM -0.2 -6 08:33 PM 5.0 152	30 Th	01:27 AM 0.1 3 07:34 AM 4.2 128 01:28 PM -0.3 -9 08:05 PM 5.6 171	15 Sa	02:59 AM 0.2 6 09:07 AM 4.1 125 03:00 PM 0.0 0 09:30 PM 4.7 143	30 Su	02:37 AM -0.4 -12 08:54 AM 5.2 158 02:53 PM -0.6 -18 09:22 PM 5.6 171	15 Tu	03:33 AM 0.3 9 09:57 AM 4.6 140 03:54 PM 0.3 9 10:16 PM 4.4 134	30 W	03:45 AM -0.6 -18 10:16 AM 5.8 177 04:24 PM -0.4 -12 10:40 PM 4.9 149			
		31 F	02:16 AM -0.2 -6 08:25 AM 4.4 134 02:18 PM -0.4 -12 08:54 PM 5.7 174			31 M	03:24 AM -0.5 -15 09:46 AM 5.4 165 03:46 PM -0.6 -18 10:12 PM 5.4 165							

