

**Table S2.**

*Sta. 8631044 Wachapreauge, VA  
V. datums referenced to NAVD88*

STND	-1.51 m
MSL	-0.11 m
MHW	0.47 m
MHHW	0.57 m

Local vertical datums at the Wachapreague tide gauge, referenced to NAVD88: STND=Station Datum, MSL=Mean Sea Level, MHW=Mean High Water, MHHW=Mean Higher-High Water (NOAA, 2018). The elevation of swale floors that have experienced upland marsh migration is ~0.6 m, which corresponds with MHHW.