

**Table S3. Fishing Point Ridge Heights**

Ridge	Raw Height (m)	Adjusted H (m)
1	1.76	1.16
2	1.59	0.99
3	1.49	0.89
4	1.52	0.92
5	1.59	0.99
6	2.26	1.66
7	2.14	1.54
8	1.57	0.97
9	3.10	2.50
10	1.10	0.50
11	1.02	0.42
12	1.17	0.57
13	1.28	0.68
14	1.46	0.86
15	1.80	1.20
16	1.69	1.09
17	1.54	0.94
18	1.97	1.37
19	1.24	0.64
20	1.46	0.86
<b>AVERAGE</b>	1.64	<b>1.04</b>

Average heights of delineated ridges for Fishing Point, arranged from north to south. Raw heights are NAVD88 derived from LiDAR, while adjusted heights are referenced to the swale floor elevation, which corresponds to MHHW on the Wachapreauge, VA tide station (+0.6 m NAVD88).