

**Table S4. North Parramore Ridge Heights**

Ridge	Raw Height (m)	Adjusted H (m)
Western Ridge	1.34	0.74
Goose Lake Ridge	1.32	0.72
3	1.07	0.47
4	0.85	0.25
Italian Ridge	6.70	6.10
6a/b	1.12	0.52
7	1.05	0.45
8	0.94	0.34
9	1.02	0.42
AVERAGE	1.71	<b>1.11</b>
AVG Back Four	1.15	<b>0.55</b>
AVG Front Four	1.03	<b>0.43</b>

Average heights of delineated dune ridges are shown for North Parramore Island, arranged from west to east. Raw heights are NAVD88 derived from LiDAR, while adjusted heights are referenced to the swale floor elevation, which corresponds to MHHW on the Wachapreauge tide station (+0.6 m NAVD88).