

































Newport News, VA - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	10:16	2.6	10:34	3.1	4:23	0.1	4:14	0.2	6:10	7:54	
2	Sat	10:54	2.5	11:08	3.1	5:00	0.1	4:49	0.2	6:09	7:55	
3	Sun	11:30	2.5	11:44	3.0	5:35	0.2	5:22	0.3	6:08	7:56	
4	Mon			12:08	2.4	6:10	0.2	5:57	0.3	6:07	7:57	
5	Tue	12:21	2.9	12:47	2.4	6:47	0.3	6:34	0.4	6:06	7:58	
6	Wed	1:01	2.8	1:28	2.3	7:27	0.4	7:16	0.5	6:05	7:59	
7	Thu	1:44	2.7	2:12	2.3	8:12	0.4	8:06	0.5	6:04	7:59	
8	Fri	2:29	2.6	2:58	2.3	8:58	0.5	9:01	0.5	6:03	8:00	
9	Sat	3:16	2.5	3:47	2.3	9:46	0.5	10:01	0.5	6:02	8:01	
10	Sun	4:08	2.5	4:42	2.4	10:36	0.4	11:05	0.5	6:01	8:02	
11	Mon	5:07	2.5	5:41	2.6	11:28	0.4			6:00	8:03	
12	Tue	6:09	2.5	6:38	2.8	12:08	0.4	12:19	0.3	5:59	8:04	
13	Wed	7:05	2.6	7:30	3.1	1:06	0.3	1:08	0.2	5:59	8:05	
14	Thu	7:59	2.6	8:20	3.3	2:02	0.1	1:58	0.1	5:58	8:05	
15	Fri	8:51	2.7	9:12	3.4	2:58	0.0	2:50	0.0	5:57	8:06	
16	Sat	9:44	2.7	10:05	3.5	3:52	-0.1	3:42	-0.1	5:56	8:07	
17	Sun	10:36	2.7	10:58	3.6	4:44	-0.1	4:34	-0.1	5:55	8:08	
18	Mon	11:29	2.7	11:52	3.5	5:35	-0.1	5:26	-0.1	5:55	8:09	
19	Tue			12:23	2.7	6:28	0.0	6:21	-0.1	5:54	8:10	
20	Wed	12:49	3.3	1:21	2.7	7:25	0.0	7:22	0.0	5:53	8:10	
21	Thu	1:48	3.1	2:21	2.7	8:24	0.1	8:29	0.1	5:53	8:11	
22	Fri	2:47	2.9	3:22	2.7	9:22	0.2	9:38	0.2	5:52	8:12	
23	Sat	3:46	2.7	4:25	2.7	10:18	0.2	10:46	0.3	5:51	8:13	
24	Sun	4:49	2.6	5:31	2.8	11:13	0.2	11:52	0.3	5:51	8:14	
25	Mon	5:53	2.4	6:32	2.9			12:04	0.2	5:50	8:14	
26	Tue	6:51	2.4	7:23	2.9	12:51	0.3	12:52	0.2	5:50	8:15	
27	Wed	7:40	2.3	8:08	3.0	1:44	0.3	1:36	0.2	5:49	8:16	
28	Thu	8:25	2.3	8:49	3.0	2:33	0.2	2:19	0.2	5:49	8:17	
29	Fri	9:08	2.4	9:29	3.0	3:18	0.2	3:02	0.2	5:48	8:17	
30	Sat	9:50	2.4	10:07	3.0	4:00	0.2	3:43	0.2	5:48	8:18	
31	Sun	10:29	2.4	10:44	3.0	4:38	0.2	4:21	0.2	5:47	8:19	