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# Virginia Beach (outer coast), VA - Jun 2022

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 9:47 | 2.9 | 9:54 | 3.8 | 3:48 | 0.1 | 3:28 | 0.4 | 5:46 | 8:17 | |
| 2 | Thu | 10:28 | 2.8 | 10:33 | 3.6 | 4:25 | 0.2 | 4:07 | 0.5 | 5:45 | 8:18 | |
| 3 | Fri | 11:09 | 2.8 | 11:14 | 3.5 | 5:06 | 0.3 | 4:52 | 0.6 | 5:45 | 8:18 | |
| 4 | Sat | 11:51 | 2.8 | 11:55 | 3.4 | 5:49 | 0.4 | 5:40 | 0.7 | 5:45 | 8:19 | |
| 5 | Sun | | | 12:33 | 2.8 | 6:31 | 0.4 | 6:30 | 0.8 | 5:44 | 8:19 | |
| 6 | Mon | 12:37 | 3.3 | 1:19 | 2.8 | 7:15 | 0.4 | 7:23 | 0.8 | 5:44 | 8:20 | |
| 7 | Tue | 1:23 | 3.2 | 2:12 | 3.0 | 8:00 | 0.4 | 8:23 | 0.7 | 5:44 | 8:21 | |
| 8 | Wed | 2:17 | 3.1 | 3:11 | 3.2 | 8:49 | 0.3 | 9:24 | 0.6 | 5:44 | 8:21 | |
| 9 | Thu | 3:18 | 3.0 | 4:06 | 3.6 | 9:38 | 0.2 | 10:24 | 0.4 | 5:44 | 8:22 | |
| 10 | Fri | 4:17 | 3.0 | 4:58 | 3.9 | 10:27 | 0.0 | 11:22 | 0.1 | 5:44 | 8:22 | |
| 11 | Sat | 5:14 | 3.0 | 5:50 | 4.3 | 11:19 | -0.1 | | | 5:44 | 8:23 | |
| 12 | Sun | 6:11 | 3.1 | 6:44 | 4.5 | 12:21 | -0.1 | 12:13 | -0.3 | 5:44 | 8:23 | |
| 13 | Mon | 7:09 | 3.2 | 7:38 | 4.7 | 1:19 | -0.3 | 1:08 | -0.4 | 5:44 | 8:23 | |
| 14 | Tue | 8:05 | 3.3 | 8:31 | 4.8 | 2:12 | -0.5 | 2:02 | -0.5 | 5:44 | 8:24 | |
| 15 | Wed | 8:59 | 3.4 | 9:24 | 4.8 | 3:03 | -0.6 | 2:55 | -0.5 | 5:44 | 8:24 | |
| 16 | Thu | 9:55 | 3.4 | 10:20 | 4.6 | 3:56 | -0.6 | 3:51 | -0.4 | 5:44 | 8:25 | |
| 17 | Fri | 10:53 | 3.4 | 11:16 | 4.3 | 4:52 | -0.5 | 4:52 | -0.2 | 5:44 | 8:25 | |
| 18 | Sat | 11:52 | 3.4 | | | 5:49 | -0.4 | 5:57 | 0.0 | 5:44 | 8:25 | |
| 19 | Sun | 12:12 | 4.0 | 12:51 | 3.4 | 6:45 | -0.2 | 7:03 | 0.2 | 5:44 | 8:25 | |
| 20 | Mon | 1:07 | 3.7 | 1:53 | 3.5 | 7:39 | -0.1 | 8:13 | 0.3 | 5:44 | 8:26 | |
| 21 | Tue | 2:07 | 3.3 | 3:01 | 3.5 | 8:33 | 0.0 | 9:23 | 0.4 | 5:45 | 8:26 | |
| 22 | Wed | 3:14 | 3.0 | 4:03 | 3.6 | 9:25 | 0.1 | 10:27 | 0.4 | 5:45 | 8:26 | |
| 23 | Thu | 4:15 | 2.9 | 4:55 | 3.7 | 10:13 | 0.2 | 11:25 | 0.4 | 5:45 | 8:26 | |
| 24 | Fri | 5:09 | 2.7 | 5:41 | 3.8 | 10:58 | 0.3 | | | 5:45 | 8:26 | |
| 25 | Sat | 5:59 | 2.7 | 6:25 | 3.8 | 12:20 | 0.4 | 11:43 AM | 0.3 | 5:46 | 8:27 | |
| 26 | Sun | 6:47 | 2.7 | 7:06 | 3.8 | 1:09 | 0.3 | 12:28 | 0.3 | 5:46 | 8:27 | |
| 27 | Mon | 7:31 | 2.8 | 7:44 | 3.9 | 1:49 | 0.3 | 1:12 | 0.3 | 5:46 | 8:27 | |
| 28 | Tue | 8:11 | 2.8 | 8:20 | 3.9 | 2:23 | 0.2 | 1:52 | 0.3 | 5:47 | 8:27 | |
| 29 | Wed | 8:48 | 2.9 | 8:56 | 3.8 | 2:54 | 0.2 | 2:29 | 0.4 | 5:47 | 8:27 | |
| 30 | Thu | 9:26 | 2.9 | 9:32 | 3.8 | 3:27 | 0.2 | 3:06 | 0.4 | 5:48 | 8:27 | |