US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Mar 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	8:23	3.9	8:47	4.1	2:11	-0.8	2:32	-0.8	6:33	5:58	
2	Sun	9:09	3.8	9:36	4.1	3:02	-0.7	3:17	-0.8	6:32	5:59	
3	Mon	9:58	3.5	10:27	4.1	3:57	-0.6	4:06	-0.6	6:31	6:00	
4	Tue	10:49	3.2	11:20	4.0	4:55	-0.4	4:58	-0.4	6:29	6:01	
5	Wed	11:41	2.9			5:55	-0.1	5:53	-0.2	6:28	6:02	
6	Thu	12:19	3.7	12:42	2.7	7:03	0.1	6:56	0.0	6:26	6:03	
7	Fri	1:31	3.5	2:03	2.5	8:18	0.3	8:09	0.1	6:25	6:04	
8	Sat	2:55	3.4	3:24	2.6	9:30	0.3	9:22	0.1	6:24	6:05	
9	Sun	5:06	3.4	5:30	2.7	11:34	0.3	11:29	0.1	7:22	7:05	
10	Mon	6:05	3.4	6:26	2.9			12:30	0.2	7:21	7:06	
11	Tue	6:55	3.5	7:14	3.1	12:30	0.0	1:17	0.1	7:19	7:07	
12	Wed	7:37	3.5	7:54	3.3	1:21	-0.1	1:54	0.0	7:18	7:08	
13	Thu	8:12	3.5	8:29	3.5	2:02	-0.1	2:24	-0.1	7:16	7:09	
14	Fri	8:44	3.4	9:02	3.6	2:37	-0.1	2:51	-0.1	7:15	7:10	
15	Sat	9:15	3.3	9:34	3.6	3:10	-0.1	3:18	-0.1	7:13	7:11	
16	Sun	9:47	3.2	10:07	3.6	3:43	0.0	3:47	0.0	7:12	7:12	
17	Mon	10:21	3.0	10:42	3.5	4:19	0.1	4:19	0.1	7:10	7:13	
18	Tue	10:57	2.9	11:19	3.4	4:57	0.2	4:55	0.3	7:09	7:14	
19	Wed	11:34	2.7	11:58	3.3	5:39	0.4	5:35	0.4	7:08	7:14	
20	Thu			12:14	2.6	6:24	0.5	6:19	0.5	7:06	7:15	
21	Fri	12:41	3.2	12:58	2.4	7:14	0.6	7:08	0.6	7:05	7:16	
22	Sat	1:32	3.1	1:52	2.4	8:11	0.7	8:07	0.6	7:03	7:17	
23	Sun	2:37	3.1	3:03	2.4	9:15	0.7	9:14	0.5	7:02	7:18	
24	Mon	3:47	3.2	4:13	2.6	10:15	0.5	10:18	0.3	7:00	7:19	
25	Tue	4:49	3.4	5:13	3.0	11:09	0.3	11:19	0.1	6:59	7:20	
26	Wed	5:44	3.6	6:08	3.4			12:02	0.0	6:57	7:21	
27	Thu	6:37	3.8	7:00	3.8	12:19	-0.2	12:51	-0.3	6:56	7:22	
28	Fri	7:27	3.9	7:49	4.2	1:16	-0.5	1:37	-0.5	6:54	7:22	
29	Sat	8:15	4.0	8:37	4.5	2:08	-0.7	2:21	-0.7	6:53	7:23	
30	Sun	9:02	3.9	9:24	4.6	2:58	-0.8	3:04	-0.7	6:51	7:24	
31	Mon	9:50	3.7	10:15	4.6	3:48	-0.7	3:51	-0.6	6:50	7:25	