US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:21	3.7	1:02	3.2	7:01	0.1	7:10	0.5	5:45	8:17	
2	Mon	1:13	3.4	2:02	3.1	7:53	0.2	8:16	0.6	5:45	8:18	
3	Tue	2:10	3.1	3:08	3.2	8:44	0.3	9:23	0.7	5:45	8:18	
4	Wed	3:12	2.8	4:04	3.3	9:30	0.4	10:21	0.7	5:45	8:19	
5	Thu	4:09	2.7	4:50	3.4	10:11	0.4	11:13	0.7	5:44	8:20	
6	Fri	4:58	2.6	5:31	3.6	10:50	0.4			5:44	8:20	
7	Sat	5:45	2.6	6:11	3.7	12:03	0.6	11:30 AM	0.4	5:44	8:21	
8	Sun	6:31	2.6	6:50	3.8	12:49	0.4	12:12	0.4	5:44	8:21	
9	Mon	7:14	2.7	7:29	3.9	1:29	0.3	12:55	0.4	5:44	8:22	
10	Tue	7:54	2.7	8:07	3.9	2:04	0.2	1:36	0.4	5:44	8:22	
11	Wed	8:32	2.8	8:44	3.9	2:38	0.1	2:15	0.3	5:44	8:23	
12	Thu	9:09	2.8	9:22	3.9	3:13	0.1	2:54	0.3	5:44	8:23	
13	Fri	9:49	2.8	10:03	3.9	3:50	0.1	3:35	0.3	5:44	8:24	
14	Sat	10:32	2.9	10:46	3.8	4:32	0.1	4:21	0.4	5:44	8:24	
15	Sun	11:18	3.0	11:30	3.7	5:16	0.1	5:12	0.4	5:44	8:24	
16	Mon			12:04	3.1	6:01	0.1	6:08	0.5	5:44	8:25	
17	Tue	12:15	3.6	12:53	3.3	6:46	0.0	7:06	0.5	5:44	8:25	
18	Wed	1:04	3.4	1:48	3.5	7:34	0.0	8:10	0.4	5:44	8:25	
19	Thu	1:59	3.2	2:50	3.7	8:25	-0.1	9:17	0.3	5:44	8:26	
20	Fri	3:04	3.1	3:52	4.0	9:20	-0.2	10:22	0.2	5:44	8:26	
21	Sat	4:10	3.0	4:51	4.2	10:15	-0.2	11:25	0.0	5:45	8:26	
22	Sun	5:13	3.0	5:49	4.4	11:11	-0.2			5:45	8:26	
23	Mon	6:15	3.1	6:47	4.6	12:29	-0.1	12:11	-0.3	5:45	8:26	
24	Tue	7:17	3.1	7:44	4.6	1:29	-0.3	1:11	-0.3	5:45	8:26	
25	Wed	8:13	3.2	8:36	4.6	2:22	-0.4	2:06	-0.3	5:46	8:27	
26	Thu	9:06	3.3	9:27	4.4	3:11	-0.4	2:59	-0.3	5:46	8:27	
27	Fri	9:59	3.3	10:17	4.2	3:59	-0.3	3:51	-0.1	5:46	8:27	
28	Sat	10:52	3.4	11:06	3.9	4:50	-0.2	4:47	0.1	5:47	8:27	
29	Sun	11:44	3.4	11:51	3.6	5:39	-0.1	5:44	0.3	5:47	8:27	
30	Mon			12:32	3.3	6:24	0.1	6:40	0.5	5:48	8:27	