US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Jul 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	12:34	3.3	1:20	3.3	7:06	0.2	7:36	0.7	5:48	8:27	
2	Wed	1:17	3.0	2:12	3.3	7:47	0.3	8:36	0.8	5:49	8:27	
3	Thu	2:07	2.7	3:08	3.3	8:29	0.4	9:35	0.8	5:49	8:26	
4	Fri	3:06	2.5	3:59	3.4	9:13	0.5	10:28	0.8	5:50	8:26	
5	Sat	4:06	2.5	4:45	3.5	9:57	0.6	11:18	0.7	5:50	8:26	
6	Sun	4:59	2.5	5:30	3.6	10:42	0.6			5:51	8:26	
7	Mon	5:50	2.5	6:15	3.7	12:09	0.6	11:30 AM	0.6	5:51	8:26	
8	Tue	6:40	2.6	7:00	3.8	12:56	0.5	12:20	0.5	5:52	8:25	
9	Wed	7:25	2.7	7:43	4.0	1:38	0.3	1:08	0.4	5:52	8:25	
10	Thu	8:07	2.8	8:23	4.0	2:15	0.2	1:53	0.3	5:53	8:25	
11	Fri	8:47	3.0	9:02	4.1	2:50	0.1	2:35	0.2	5:54	8:24	
12	Sat	9:28	3.1	9:42	4.1	3:27	0.0	3:19	0.2	5:54	8:24	
13	Sun	10:12	3.3	10:25	4.0	4:07	-0.1	4:06	0.2	5:55	8:23	
14	Mon	10:58	3.4	11:09	3.8	4:49	-0.1	4:59	0.3	5:56	8:23	
15	Tue	11:45	3.6	11:55	3.6	5:33	-0.1	5:55	0.3	5:56	8:23	
16	Wed			12:34	3.8	6:18	-0.1	6:53	0.4	5:57	8:22	
17	Thu	12:43	3.4	1:26	3.9	7:05	-0.1	7:55	0.4	5:58	8:21	
18	Fri	1:36	3.2	2:26	4.0	7:57	-0.1	9:02	0.4	5:59	8:21	
19	Sat	2:41	3.0	3:32	4.1	8:54	0.0	10:10	0.4	5:59	8:20	
20	Sun	3:52	2.9	4:36	4.2	9:54	0.0	11:15	0.3	6:00	8:20	
21	Mon	5:00	2.9	5:38	4.3	10:55	0.0			6:01	8:19	
22	Tue	6:05	3.0	6:39	4.4	12:20	0.2	11:59 AM	0.0	6:01	8:18	
23	Wed	7:07	3.2	7:35	4.4	1:20	0.0	1:02	-0.1	6:02	8:18	
24	Thu	8:03	3.4	8:25	4.4	2:10	-0.1	1:58	-0.1	6:03	8:17	
25	Fri	8:52	3.5	9:10	4.3	2:55	-0.1	2:47	0.0	6:04	8:16	
26	Sat	9:40	3.6	9:53	4.1	3:37	-0.1	3:35	0.1	6:05	8:15	
27	Sun	10:27	3.6	10:36	3.9	4:18	0.0	4:24	0.3	6:05	8:14	
28	Mon	11:12	3.6	11:16	3.6	4:59	0.1	5:14	0.5	6:06	8:14	
29	Tue	11:54	3.6	11:55	3.3	5:38	0.2	6:04	0.7	6:07	8:13	
30	Wed			12:35	3.6	6:15	0.3	6:53	0.8	6:08	8:12	
31	Thu	12:33	3.1	1:17	3.5	6:52	0.5	7:43	0.9	6:09	8:11	