US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Sep 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:20	2.7	3:08	3.7	8:27	1.2	9:47	1.2	6:35	7:32	
2	Tue	3:32	2.7	4:11	3.8	9:27	1.1	10:42	1.1	6:36	7:30	
3	Wed	4:35	2.9	5:05	3.9	10:25	1.0	11:33	0.9	6:36	7:29	
4	Thu	5:29	3.1	5:55	4.1	11:21	0.8			6:37	7:27	
5	Fri	6:20	3.4	6:43	4.3	12:21	0.7	12:17	0.6	6:38	7:26	
6	Sat	7:08	3.8	7:28	4.4	1:06	0.4	1:10	0.4	6:39	7:24	
7	Sun	7:53	4.1	8:11	4.5	1:46	0.2	2:00	0.2	6:40	7:23	
8	Mon	8:37	4.4	8:54	4.4	2:25	0.0	2:47	0.1	6:40	7:21	
9	Tue	9:22	4.7	9:39	4.3	3:05	-0.1	3:36	0.1	6:41	7:20	
10	Wed	10:09	4.8	10:28	4.1	3:47	-0.1	4:29	0.2	6:42	7:18	
11	Thu	11:00	4.9	11:19	3.8	4:34	0.0	5:27	0.4	6:43	7:17	
12	Fri	11:52	4.8			5:25	0.2	6:27	0.5	6:44	7:15	
13	Sat	12:12	3.6	12:48	4.6	6:20	0.4	7:31	0.7	6:44	7:14	
14	Sun	1:10	3.4	1:52	4.4	7:20	0.6	8:43	0.8	6:45	7:12	
15	Mon	2:22	3.2	3:11	4.2	8:29	0.7	9:55	0.9	6:46	7:11	
16	Tue	3:47	3.3	4:25	4.2	9:43	0.8	10:58	0.8	6:47	7:09	
17	Wed	4:57	3.4	5:27	4.2	10:51	0.7	11:55	0.7	6:48	7:08	
18	Thu	5:56	3.6	6:20	4.2	11:55	0.7			6:48	7:06	
19	Fri	6:48	3.9	7:07	4.2	12:45	0.6	12:53	0.6	6:49	7:05	
20	Sat	7:33	4.1	7:47	4.1	1:27	0.5	1:41	0.6	6:50	7:03	
21	Sun	8:12	4.2	8:22	4.1	2:02	0.4	2:21	0.6	6:51	7:02	
22	Mon	8:47	4.3	8:56	3.9	2:32	0.4	2:57	0.6	6:52	7:00	
23	Tue	9:21	4.4	9:29	3.8	3:00	0.5	3:32	0.7	6:52	6:59	
24	Wed	9:55	4.3	10:05	3.6	3:30	0.6	4:09	0.8	6:53	6:57	
25	Thu	10:31	4.2	10:43	3.4	4:02	0.7	4:48	0.9	6:54	6:56	
26	Fri	11:08	4.1	11:22	3.3	4:39	0.9	5:32	1.1	6:55	6:54	
27	Sat	11:48	4.0			5:19	1.1	6:18	1.2	6:56	6:53	
28	Sun	12:04	3.1	12:31	3.9	6:04	1.2	7:07	1.3	6:57	6:51	
29	Mon	12:48	3.0	1:20	3.8	6:53	1.3	8:04	1.3	6:57	6:50	
30	Tue	1:42	2.9	2:20	3.8	7:50	1.3	9:04	1.3	6:58	6:48	