

































Virginia Beach (outer coast), VA - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:03	3.8	6:24	3.3			12:27	-0.3	6:34	5:58	
2	Mon	6:50	3.8	7:11	3.5	12:31	-0.5	1:09	-0.4	6:32	5:59	
3	Tue	7:32	3.8	7:53	3.7	1:18	-0.5	1:46	-0.5	6:31	6:00	
4	Wed	8:10	3.6	8:32	3.7	2:01	-0.5	2:20	-0.5	6:30	6:01	
5	Thu	8:48	3.5	9:11	3.7	2:42	-0.4	2:54	-0.3	6:28	6:01	
6	Fri	9:25	3.2	9:50	3.6	3:23	-0.2	3:29	-0.2	6:27	6:02	
7	Sat	10:03	3.0	10:28	3.5	4:05	0.0	4:07	0.0	6:25	6:03	
8	Sun	11:41	2.8			5:49	0.2	5:46	0.2	7:24	7:04	
9	Mon	12:07	3.3	12:20	2.6	6:33	0.4	6:29	0.4	7:22	7:05	
10	Tue	12:49	3.1	1:03	2.4	7:21	0.6	7:16	0.6	7:21	7:06	
11	Wed	1:39	3.0	1:57	2.3	8:17	0.7	8:11	0.7	7:20	7:07	
12	Thu	2:45	2.9	3:09	2.2	9:22	0.8	9:14	0.6	7:18	7:08	
13	Fri	3:57	2.9	4:19	2.3	10:21	0.7	10:14	0.5	7:17	7:09	
14	Sat	4:55	3.1	5:15	2.5	11:14	0.6	11:11	0.4	7:15	7:10	
15	Sun	5:45	3.3	6:04	2.8			12:02	0.4	7:14	7:11	
16	Mon	6:31	3.4	6:50	3.2	12:05	0.2	12:45	0.1	7:12	7:12	
17	Tue	7:14	3.6	7:32	3.5	12:56	-0.1	1:25	-0.1	7:11	7:12	
18	Wed	7:55	3.7	8:13	3.8	1:43	-0.3	2:02	-0.4	7:09	7:13	
19	Thu	8:35	3.7	8:55	4.1	2:28	-0.5	2:40	-0.5	7:08	7:14	
20	Fri	9:17	3.6	9:38	4.2	3:12	-0.5	3:19	-0.5	7:06	7:15	
21	Sat	10:01	3.5	10:25	4.3	3:59	-0.5	4:03	-0.5	7:05	7:16	
22	Sun	10:49	3.3	11:16	4.2	4:51	-0.4	4:52	-0.4	7:03	7:17	
23	Mon	11:40	3.1			5:47	-0.2	5:46	-0.2	7:02	7:18	
24	Tue	12:09	4.0	12:34	3.0	6:47	0.0	6:45	0.0	7:00	7:19	
25	Wed	1:08	3.8	1:36	2.8	7:53	0.2	7:51	0.1	6:59	7:20	
26	Thu	2:20	3.6	2:58	2.8	9:06	0.3	9:07	0.2	6:58	7:20	
27	Fri	3:44	3.5	4:19	2.9	10:16	0.3	10:21	0.2	6:56	7:21	
28	Sat	4:55	3.5	5:23	3.2	11:17	0.2	11:28	0.1	6:55	7:22	
29	Sun	5:54	3.5	6:19	3.4			12:12	0.1	6:53	7:23	
30	Mon	6:45	3.6	7:08	3.7	12:30	-0.1	12:59	-0.1	6:52	7:24	
31	Tue	7:30	3.5	7:50	3.9	1:23	-0.2	1:39	-0.2	6:50	7:25	