































Virginia Beach (outer coast), VA - May 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	8:20	3.1	8:34	4.0	2:28	0.0	2:12	0.1	6:09	7:52	
2	Sat	8:55	3.1	9:08	4.0	3:00	0.0	2:44	0.2	6:08	7:53	
3	Sun	9:30	3.0	9:43	3.9	3:32	0.1	3:17	0.3	6:07	7:54	
4	Mon	10:08	2.9	10:20	3.7	4:07	0.2	3:54	0.5	6:06	7:55	
5	Tue	10:47	2.8	11:01	3.6	4:47	0.3	4:34	0.6	6:05	7:56	
6	Wed	11:28	2.7	11:43	3.4	5:30	0.4	5:20	0.7	6:04	7:56	
7	Thu			12:11	2.7	6:14	0.5	6:09	0.8	6:03	7:57	
8	Fri	12:26	3.3	12:56	2.7	7:00	0.6	7:01	0.8	6:02	7:58	
9	Sat	1:12	3.2	1:49	2.8	7:49	0.6	8:00	0.8	6:01	7:59	
10	Sun	2:07	3.1	2:50	2.9	8:40	0.5	9:03	0.7	6:00	8:00	
11	Mon	3:08	3.1	3:51	3.2	9:31	0.4	10:05	0.5	5:59	8:01	
12	Tue	4:08	3.1	4:44	3.6	10:19	0.2	11:03	0.3	5:58	8:02	
13	Wed	5:03	3.2	5:35	4.0	11:08	0.0			5:57	8:02	
14	Thu	5:58	3.2	6:26	4.4	12:02	0.0	11:59 AM	-0.2	5:56	8:03	
15	Fri	6:53	3.3	7:18	4.6	12:59	-0.2	12:51	-0.3	5:55	8:04	
16	Sat	7:46	3.4	8:09	4.8	1:52	-0.5	1:43	-0.5	5:55	8:05	
17	Sun	8:38	3.4	9:00	4.8	2:42	-0.6	2:33	-0.5	5:54	8:06	
18	Mon	9:30	3.4	9:53	4.7	3:33	-0.5	3:25	-0.4	5:53	8:07	
19	Tue	10:26	3.4	10:50	4.5	4:28	-0.4	4:21	-0.3	5:52	8:07	
20	Wed	11:25	3.3	11:47	4.2	5:27	-0.3	5:24	-0.1	5:52	8:08	
21	Thu			12:24	3.3	6:26	-0.1	6:30	0.1	5:51	8:09	
22	Fri	12:45	3.9	1:27	3.3	7:24	0.0	7:38	0.3	5:50	8:10	
23	Sat	1:46	3.5	2:37	3.3	8:23	0.1	8:52	0.4	5:50	8:11	
24	Sun	2:55	3.2	3:46	3.5	9:20	0.1	10:01	0.4	5:49	8:11	
25	Mon	4:01	3.0	4:42	3.6	10:10	0.2	11:02	0.4	5:49	8:12	
26	Tue	4:56	2.9	5:30	3.8	10:55	0.2	11:58	0.4	5:48	8:13	
27	Wed	5:46	2.8	6:14	3.8	11:38	0.3			5:48	8:14	
28	Thu	6:33	2.8	6:55	3.9	12:50	0.3	12:22	0.3	5:47	8:14	
29	Fri	7:17	2.8	7:33	3.9	1:33	0.2	1:03	0.3	5:47	8:15	
30	Sat	7:56	2.8	8:08	3.9	2:08	0.2	1:41	0.3	5:46	8:16	
31	Sun	8:33	2.8	8:43	3.9	2:40	0.1	2:17	0.3	5:46	8:16	