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# 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 | |