



Virginia Beach (outer coast), VA - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	9:25	2.9	9:34	3.8	3:24	0.2	3:08	0.4	5:48	8:27	☉
2	Thu	10:03	2.9	10:11	3.7	3:59	0.2	3:48	0.4	5:49	8:27	☉
3	Fri	10:43	3.0	10:50	3.6	4:36	0.1	4:32	0.5	5:49	8:26	☉
4	Sat	11:24	3.1	11:29	3.5	5:14	0.1	5:21	0.6	5:50	8:26	☾
5	Sun			12:05	3.3	5:54	0.1	6:12	0.6	5:50	8:26	☾
6	Mon	12:10	3.3	12:49	3.4	6:35	0.1	7:07	0.6	5:51	8:26	☾
7	Tue	12:55	3.2	1:38	3.6	7:19	0.1	8:06	0.6	5:51	8:26	☾
8	Wed	1:47	3.0	2:36	3.8	8:09	0.0	9:10	0.5	5:52	8:25	☾
9	Thu	2:50	2.9	3:39	4.0	9:04	0.0	10:14	0.3	5:52	8:25	☾
10	Fri	3:58	2.9	4:40	4.2	10:03	-0.1	11:17	0.2	5:53	8:25	☾
11	Sat	5:03	2.9	5:41	4.4	11:03	-0.1			5:54	8:24	☾
12	Sun	6:08	3.1	6:42	4.6	12:22	0.0	12:06	-0.2	5:54	8:24	☾
13	Mon	7:12	3.3	7:41	4.7	1:23	-0.2	1:09	-0.3	5:55	8:24	☾
14	Tue	8:10	3.5	8:35	4.7	2:16	-0.4	2:07	-0.4	5:56	8:23	☾
15	Wed	9:05	3.6	9:27	4.6	3:06	-0.4	3:02	-0.4	5:56	8:23	☾
16	Thu	9:59	3.7	10:17	4.3	3:54	-0.4	3:57	-0.3	5:57	8:22	☾
17	Fri	10:54	3.8	11:07	4.0	4:44	-0.4	4:56	0.0	5:58	8:22	☾
18	Sat	11:46	3.8	11:55	3.7	5:32	-0.3	5:56	0.2	5:58	8:21	☾
19	Sun			12:36	3.8	6:19	-0.1	6:54	0.4	5:59	8:20	☾
20	Mon	12:40	3.3	1:26	3.7	7:03	0.1	7:54	0.6	6:00	8:20	☾
21	Tue	1:28	3.0	2:21	3.7	7:48	0.3	8:58	0.7	6:01	8:19	☾
22	Wed	2:24	2.7	3:21	3.6	8:36	0.5	9:58	0.8	6:01	8:18	☾
23	Thu	3:31	2.6	4:16	3.6	9:27	0.6	10:52	0.8	6:02	8:18	☾
24	Fri	4:32	2.5	5:05	3.6	10:17	0.7	11:45	0.8	6:03	8:17	☾
25	Sat	5:26	2.6	5:53	3.7	11:06	0.7			6:04	8:16	☉
26	Sun	6:17	2.7	6:39	3.7	12:36	0.7	11:57 AM	0.7	6:04	8:16	☉
27	Mon	7:04	2.8	7:21	3.8	1:19	0.6	12:47	0.6	6:05	8:15	☉
28	Tue	7:46	2.9	7:59	3.9	1:54	0.4	1:31	0.5	6:06	8:14	☉
29	Wed	8:23	3.1	8:34	4.0	2:25	0.3	2:11	0.4	6:07	8:13	☉
30	Thu	8:59	3.2	9:09	4.0	2:56	0.2	2:49	0.4	6:08	8:12	☉
31	Fri	9:36	3.4	9:45	3.9	3:28	0.1	3:29	0.4	6:08	8:11	☉