US HARBORS www.USHarbors.com

Virginia Beach (outer coast), VA - Aug 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	10:14	3.5	10:22	3.8	4:02	0.1	4:12	0.5	6:09	8:10	
2	Sun	10:55	3.7	11:03	3.6	4:39	0.1	5:00	0.5	6:10	8:09	
3	Mon	11:37	3.8	11:45	3.5	5:19	0.1	5:52	0.6	6:11	8:08	
4	Tue			12:22	4.0	6:02	0.1	6:46	0.6	6:12	8:07	
5	Wed	12:31	3.3	1:11	4.0	6:48	0.2	7:45	0.6	6:12	8:06	
6	Thu	1:23	3.1	2:09	4.1	7:41	0.2	8:51	0.6	6:13	8:05	
7	Fri	2:27	3.0	3:18	4.2	8:41	0.2	9:59	0.6	6:14	8:04	
8	Sat	3:41	3.0	4:26	4.3	9:46	0.2	11:04	0.5	6:15	8:03	
9	Sun	4:52	3.1	5:31	4.4	10:51	0.2			6:16	8:02	
10	Mon	5:59	3.3	6:33	4.5	12:09	0.3	11:57 AM	0.0	6:17	8:01	
11	Tue	7:02	3.6	7:30	4.6	1:09	0.1	1:02	-0.1	6:17	8:00	
12	Wed	7:59	3.8	8:21	4.6	2:00	-0.1	1:59	-0.2	6:18	7:59	
13	Thu	8:49	4.0	9:08	4.5	2:45	-0.2	2:51	-0.1	6:19	7:57	
14	Fri	9:38	4.2	9:53	4.3	3:27	-0.2	3:42	0.0	6:20	7:56	
15	Sat	10:26	4.2	10:38	4.0	4:10	-0.1	4:34	0.2	6:21	7:55	
16	Sun	11:13	4.2	11:22	3.7	4:53	0.0	5:28	0.4	6:22	7:54	
17	Mon	11:58	4.1			5:35	0.2	6:21	0.7	6:22	7:52	
18	Tue	12:05	3.4	12:42	4.0	6:18	0.5	7:14	0.9	6:23	7:51	
19	Wed	12:48	3.1	1:29	3.8	7:01	0.7	8:10	1.0	6:24	7:50	
20	Thu	1:36	2.9	2:25	3.7	7:48	0.9	9:12	1.1	6:25	7:49	
21	Fri	2:39	2.7	3:30	3.6	8:43	1.0	10:10	1.1	6:26	7:47	
22	Sat	3:53	2.7	4:29	3.6	9:40	1.1	11:03	1.1	6:26	7:46	
23	Sun	4:53	2.8	5:20	3.7	10:35	1.0	11:53	1.0	6:27	7:45	
24	Mon	5:45	2.9	6:06	3.8	11:27	0.9			6:28	7:43	
25	Tue	6:32	3.1	6:50	4.0	12:38	0.8	12:18	0.8	6:29	7:42	
26	Wed	7:14	3.3	7:29	4.1	1:16	0.7	1:06	0.7	6:30	7:41	
27	Thu	7:52	3.6	8:05	4.1	1:49	0.5	1:49	0.6	6:31	7:39	
28	Fri	8:29	3.8	8:40	4.1	2:20	0.3	2:29	0.5	6:31	7:38	
29	Sat	9:05	4.0	9:17	4.1	2:52	0.2	3:09	0.4	6:32	7:36	
30	Sun	9:44	4.2	9:56	3.9	3:26	0.2	3:53	0.4	6:33	7:35	
31	Mon	10:26	4.3	10:39	3.8	4:04	0.2	4:41	0.5	6:34	7:34	