

































## Virginia Beach (outer coast), VA - Nov 2026

| Date |     | High  |     |       |     | Low   |      |       |      |  |      |    |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
|      |     | AM    | ft  | PM    | ft  | AM    | ft   | PM    | ft   | Rise  | Set  | Moon  |
| 1    | Sun | 1:00  | 3.4 | 12:30 | 4.2 | 6:08  | 0.6  | 7:17  | 0.6  | 6:27  | 5:06 |    |
| 2    | Mon | 1:14  | 3.4 | 1:43  | 4.0 | 7:22  | 0.7  | 8:21  | 0.6  | 6:28  | 5:05 |    |
| 3    | Tue | 2:35  | 3.6 | 2:55  | 3.8 | 8:38  | 0.7  | 9:17  | 0.5  | 6:29  | 5:04 |    |
| 4    | Wed | 3:39  | 3.9 | 3:54  | 3.7 | 9:45  | 0.7  | 10:07 | 0.4  | 6:30  | 5:03 |    |
| 5    | Thu | 4:32  | 4.1 | 4:46  | 3.7 | 10:46 | 0.6  | 10:53 | 0.3  | 6:32  | 5:02 |    |
| 6    | Fri | 5:20  | 4.3 | 5:34  | 3.6 | 11:43 | 0.5  | 11:37 | 0.3  | 6:33  | 5:02 |    |
| 7    | Sat | 6:04  | 4.4 | 6:18  | 3.5 |       |      | 12:31 | 0.4  | 6:34  | 5:01 |    |
| 8    | Sun | 6:44  | 4.5 | 6:58  | 3.5 | 12:18 | 0.3  | 1:11  | 0.4  | 6:35  | 5:00 |    |
| 9    | Mon | 7:20  | 4.5 | 7:35  | 3.4 | 12:54 | 0.3  | 1:47  | 0.4  | 6:36  | 4:59 |    |
| 10   | Tue | 7:55  | 4.4 | 8:12  | 3.3 | 1:28  | 0.4  | 2:21  | 0.5  | 6:37  | 4:58 |    |
| 11   | Wed | 8:31  | 4.3 | 8:50  | 3.2 | 2:03  | 0.5  | 2:57  | 0.6  | 6:38  | 4:57 |    |
| 12   | Thu | 9:10  | 4.1 | 9:31  | 3.1 | 2:39  | 0.6  | 3:36  | 0.7  | 6:39  | 4:56 |   |
| 13   | Fri | 9:50  | 3.9 | 10:14 | 3.0 | 3:18  | 0.8  | 4:20  | 0.8  | 6:40  | 4:56 |  |
| 14   | Sat | 10:32 | 3.8 | 10:59 | 2.9 | 4:03  | 0.9  | 5:06  | 0.8  | 6:41  | 4:55 |  |
| 15   | Sun | 11:15 | 3.6 | 11:45 | 2.9 | 4:53  | 1.1  | 5:52  | 0.9  | 6:42  | 4:54 |  |
| 16   | Mon | 11:59 | 3.5 |       |     | 5:44  | 1.1  | 6:39  | 0.8  | 6:43  | 4:54 |  |
| 17   | Tue | 12:36 | 2.9 | 12:49 | 3.4 | 6:41  | 1.1  | 7:27  | 0.8  | 6:44  | 4:53 |  |
| 18   | Wed | 1:37  | 3.0 | 1:47  | 3.3 | 7:43  | 1.1  | 8:15  | 0.6  | 6:45  | 4:52 |  |
| 19   | Thu | 2:36  | 3.3 | 2:45  | 3.3 | 8:44  | 0.9  | 9:01  | 0.5  | 6:46  | 4:52 |  |
| 20   | Fri | 3:28  | 3.6 | 3:39  | 3.3 | 9:41  | 0.7  | 9:47  | 0.3  | 6:47  | 4:51 |  |
| 21   | Sat | 4:16  | 4.0 | 4:30  | 3.3 | 10:37 | 0.5  | 10:34 | 0.1  | 6:48  | 4:51 |  |
| 22   | Sun | 5:04  | 4.4 | 5:23  | 3.4 | 11:33 | 0.2  | 11:24 | -0.1 | 6:49  | 4:50 |  |
| 23   | Mon | 5:54  | 4.7 | 6:15  | 3.5 |       |      | 12:26 | 0.0  | 6:50  | 4:50 |  |
| 24   | Tue | 6:44  | 4.9 | 7:06  | 3.5 | 12:15 | -0.3 | 1:16  | -0.2 | 6:51  | 4:49 |  |
| 25   | Wed | 7:34  | 4.9 | 7:57  | 3.5 | 1:05  | -0.4 | 2:05  | -0.3 | 6:52  | 4:49 |  |
| 26   | Thu | 8:25  | 4.9 | 8:51  | 3.5 | 1:55  | -0.4 | 2:57  | -0.2 | 6:53  | 4:49 |  |
| 27   | Fri | 9:20  | 4.7 | 9:49  | 3.4 | 2:48  | -0.3 | 3:54  | -0.1 | 6:54  | 4:48 |  |
| 28   | Sat | 10:17 | 4.5 | 10:50 | 3.4 | 3:47  | -0.1 | 4:54  | 0.0  | 6:55  | 4:48 |  |
| 29   | Sun | 11:13 | 4.2 | 11:51 | 3.4 | 4:52  | 0.1  | 5:53  | 0.1  | 6:56  | 4:48 |  |
| 30   | Mon |       |     | 12:11 | 3.8 | 5:59  | 0.3  | 6:52  | 0.1  | 6:57  | 4:47 |  |