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# Virginia Beach (outer coast), VA - Dec 2028

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 6:41 | 4.1 | 7:01 | 3.0 | 12:10 | 0.2 | 1:11 | 0.2 | 6:58 | 4:47 | |
| 2 | Sat | 7:20 | 4.2 | 7:41 | 3.1 | 12:51 | 0.1 | 1:49 | 0.1 | 6:59 | 4:47 | |
| 3 | Sun | 8:00 | 4.2 | 8:23 | 3.1 | 1:32 | 0.0 | 2:28 | 0.1 | 7:00 | 4:47 | |
| 4 | Mon | 8:43 | 4.2 | 9:09 | 3.1 | 2:15 | 0.0 | 3:12 | 0.1 | 7:01 | 4:47 | |
| 5 | Tue | 9:29 | 4.1 | 9:59 | 3.2 | 3:02 | 0.1 | 4:00 | 0.1 | 7:02 | 4:47 | |
| 6 | Wed | 10:17 | 4.0 | 10:51 | 3.2 | 3:56 | 0.2 | 4:50 | 0.0 | 7:03 | 4:47 | |
| 7 | Thu | 11:06 | 3.8 | 11:46 | 3.3 | 4:55 | 0.2 | 5:41 | 0.0 | 7:03 | 4:47 | |
| 8 | Fri | 11:58 | 3.6 | | | 5:56 | 0.3 | 6:33 | -0.1 | 7:04 | 4:47 | |
| 9 | Sat | 12:46 | 3.5 | 12:56 | 3.4 | 7:02 | 0.3 | 7:29 | -0.1 | 7:05 | 4:47 | |
| 10 | Sun | 1:53 | 3.7 | 2:03 | 3.2 | 8:13 | 0.3 | 8:25 | -0.2 | 7:06 | 4:47 | |
| 11 | Mon | 3:00 | 3.9 | 3:11 | 3.1 | 9:20 | 0.2 | 9:21 | -0.2 | 7:07 | 4:47 | |
| 12 | Tue | 3:59 | 4.1 | 4:13 | 3.1 | 10:24 | 0.1 | 10:17 | -0.3 | 7:07 | 4:48 | |
| 13 | Wed | 4:55 | 4.3 | 5:13 | 3.1 | 11:27 | -0.1 | 11:14 | -0.4 | 7:08 | 4:48 | |
| 14 | Thu | 5:50 | 4.4 | 6:10 | 3.1 | | | 12:24 | -0.2 | 7:09 | 4:48 | |
| 15 | Fri | 6:42 | 4.4 | 7:01 | 3.2 | 12:09 | -0.4 | 1:13 | -0.3 | 7:09 | 4:48 | |
| 16 | Sat | 7:29 | 4.4 | 7:49 | 3.2 | 1:00 | -0.4 | 1:57 | -0.3 | 7:10 | 4:49 | |
| 17 | Sun | 8:14 | 4.2 | 8:35 | 3.1 | 1:46 | -0.3 | 2:40 | -0.2 | 7:11 | 4:49 | |
| 18 | Mon | 8:57 | 4.0 | 9:22 | 3.1 | 2:30 | -0.2 | 3:24 | -0.1 | 7:11 | 4:50 | |
| 19 | Tue | 9:40 | 3.8 | 10:08 | 3.0 | 3:16 | 0.0 | 4:08 | 0.0 | 7:12 | 4:50 | |
| 20 | Wed | 10:22 | 3.5 | 10:54 | 3.0 | 4:05 | 0.2 | 4:50 | 0.1 | 7:12 | 4:50 | |
| 21 | Thu | 11:02 | 3.3 | 11:37 | 2.9 | 4:55 | 0.5 | 5:31 | 0.2 | 7:13 | 4:51 | |
| 22 | Fri | 11:42 | 3.0 | | | 5:45 | 0.6 | 6:10 | 0.3 | 7:13 | 4:51 | |
| 23 | Sat | 12:23 | 2.9 | 12:25 | 2.8 | 6:38 | 0.7 | 6:52 | 0.3 | 7:14 | 4:52 | |
| 24 | Sun | 1:16 | 2.9 | 1:17 | 2.6 | 7:37 | 0.8 | 7:37 | 0.3 | 7:14 | 4:53 | |
| 25 | Mon | 2:14 | 3.0 | 2:18 | 2.4 | 8:37 | 0.7 | 8:25 | 0.3 | 7:14 | 4:53 | |
| 26 | Tue | 3:08 | 3.1 | 3:17 | 2.4 | 9:31 | 0.6 | 9:12 | 0.3 | 7:15 | 4:54 | |
| 27 | Wed | 3:56 | 3.3 | 4:09 | 2.4 | 10:24 | 0.5 | 10:00 | 0.2 | 7:15 | 4:54 | |
| 28 | Thu | 4:43 | 3.5 | 5:00 | 2.5 | 11:16 | 0.3 | 10:50 | 0.1 | 7:15 | 4:55 | |
| 29 | Fri | 5:30 | 3.7 | 5:49 | 2.6 | | | 12:05 | 0.1 | 7:16 | 4:56 | |
| 30 | Sat | 6:16 | 3.8 | 6:36 | 2.8 | | | 12:48 | -0.1 | 7:16 | 4:57 | |
| 31 | Sun | 7:00 | 4.0 | 7:14 | 2.9 | 12:29 | -0.3 | 1:29 | -0.3 | 7:16 | 4:57 | |