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# Virginia Beach (outer coast), VA - Aug 2029

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | **12:31** | 3.0 | **1:07** | 3.5 | **6:44** | 0.5 | **7:37** | 1.0 | 6:09 | 8:10 | |
| 2 | Thu | **1:14** | 2.8 | **1:54** | 3.5 | **7:27** | 0.7 | **8:32** | 1.0 | 6:10 | 8:09 | |
| 3 | Fri | **2:05** | 2.7 | **2:51** | 3.5 | **8:15** | 0.7 | **9:30** | 1.0 | 6:11 | 8:08 | |
| 4 | Sat | **3:08** | 2.6 | **3:51** | 3.6 | **9:08** | 0.8 | **10:25** | 0.9 | 6:12 | 8:07 | |
| 5 | Sun | **4:12** | 2.7 | **4:45** | 3.7 | **10:03** | 0.7 | **11:18** | 0.8 | 6:13 | 8:06 | |
| 6 | Mon | **5:08** | 2.8 | **5:36** | 3.9 | **10:57** | 0.6 | | | 6:14 | 8:05 | |
| 7 | Tue | **6:01** | 3.0 | **6:25** | 4.1 | **12:10** | 0.6 | **11:52 AM** | 0.5 | 6:14 | 8:04 | |
| 8 | Wed | **6:53** | 3.2 | **7:13** | 4.3 | **12:58** | 0.4 | **12:46** | 0.3 | 6:15 | 8:03 | |
| 9 | Thu | **7:40** | 3.5 | **7:57** | 4.4 | **1:40** | 0.1 | **1:38** | 0.1 | 6:16 | 8:02 | |
| 10 | Fri | **8:26** | 3.8 | **8:41** | 4.4 | **2:20** | -0.1 | **2:26** | 0.0 | 6:17 | 8:01 | |
| 11 | Sat | **9:11** | 4.1 | **9:25** | 4.3 | **3:00** | -0.2 | **3:15** | -0.1 | 6:18 | 7:59 | |
| 12 | Sun | **9:59** | 4.3 | **10:12** | 4.2 | **3:42** | -0.3 | **4:06** | 0.0 | 6:18 | 7:58 | |
| 13 | Mon | **10:49** | 4.4 | **11:01** | 4.0 | **4:28** | -0.3 | **5:02** | 0.1 | 6:19 | 7:57 | |
| 14 | Tue | **11:40** | 4.5 | **11:52** | 3.7 | **5:17** | -0.2 | **6:01** | 0.2 | 6:20 | 7:56 | |
| 15 | Wed | | | **12:33** | 4.5 | **6:08** | -0.1 | **7:01** | 0.4 | 6:21 | 7:55 | |
| 16 | Thu | **12:45** | 3.5 | **1:31** | 4.4 | **7:03** | 0.1 | **8:07** | 0.5 | 6:22 | 7:53 | |
| 17 | Fri | **1:45** | 3.2 | **2:39** | 4.2 | **8:03** | 0.3 | **9:18** | 0.6 | 6:23 | 7:52 | |
| 18 | Sat | **3:00** | 3.1 | **3:53** | 4.2 | **9:10** | 0.4 | **10:26** | 0.6 | 6:23 | 7:51 | |
| 19 | Sun | **4:18** | 3.1 | **4:58** | 4.2 | **10:17** | 0.4 | **11:28** | 0.6 | 6:24 | 7:50 | |
| 20 | Mon | **5:24** | 3.3 | **5:56** | 4.2 | **11:21** | 0.4 | | | 6:25 | 7:48 | |
| 21 | Tue | **6:24** | 3.4 | **6:49** | 4.2 | **12:26** | 0.5 | **12:24** | 0.4 | 6:26 | 7:47 | |
| 22 | Wed | **7:16** | 3.6 | **7:35** | 4.2 | **1:16** | 0.4 | **1:19** | 0.4 | 6:27 | 7:46 | |
| 23 | Thu | **8:00** | 3.8 | **8:15** | 4.2 | **1:57** | 0.3 | **2:05** | 0.3 | 6:28 | 7:44 | |
| 24 | Fri | **8:40** | 3.9 | **8:51** | 4.1 | **2:31** | 0.2 | **2:44** | 0.4 | 6:28 | 7:43 | |
| 25 | Sat | **9:16** | 4.0 | **9:26** | 3.9 | **3:03** | 0.2 | **3:22** | 0.5 | 6:29 | 7:42 | |
| 26 | Sun | **9:52** | 4.0 | **10:01** | 3.8 | **3:33** | 0.3 | **3:59** | 0.6 | 6:30 | 7:40 | |
| 27 | Mon | **10:29** | 4.0 | **10:38** | 3.6 | **4:06** | 0.4 | **4:39** | 0.7 | 6:31 | 7:39 | |
| 28 | Tue | **11:06** | 3.9 | **11:17** | 3.4 | **4:41** | 0.5 | **5:22** | 0.9 | 6:32 | 7:37 | |
| 29 | Wed | **11:44** | 3.9 | **11:56** | 3.2 | **5:20** | 0.7 | **6:06** | 1.0 | 6:32 | 7:36 | |
| 30 | Thu | | | **12:24** | 3.8 | **6:00** | 0.8 | **6:53** | 1.1 | 6:33 | 7:35 | |
| 31 | Fri | **12:37** | 3.1 | **1:07** | 3.7 | **6:44** | 0.9 | **7:45** | 1.2 | 6:34 | 7:33 | |