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# Boynton Beach, Lake Worth, FL - Mar 1776

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 7:12 | 2.2 | 7:20 | 2.1 | 1:29 | -0.1 | 1:58 | 0.2 | 6:47 | 6:26 | |
| 2 | Sat | 7:56 | 2.3 | 8:05 | 2.2 | 2:17 | -0.1 | 2:43 | 0.1 | 6:46 | 6:26 | |
| 3 | Sun | 8:35 | 2.3 | 8:46 | 2.3 | 3:00 | -0.2 | 3:23 | 0.0 | 6:45 | 6:27 | |
| 4 | Mon | 9:12 | 2.4 | 9:24 | 2.4 | 3:39 | -0.2 | 4:01 | -0.1 | 6:44 | 6:27 | |
| 5 | Tue | 9:47 | 2.4 | 10:02 | 2.4 | 4:16 | -0.2 | 4:36 | -0.1 | 6:43 | 6:28 | |
| 6 | Wed | 10:21 | 2.4 | 10:39 | 2.4 | 4:51 | -0.2 | 5:10 | -0.1 | 6:42 | 6:28 | |
| 7 | Thu | 10:55 | 2.4 | 11:16 | 2.4 | 5:25 | -0.1 | 5:42 | -0.2 | 6:41 | 6:29 | |
| 8 | Fri | 11:29 | 2.4 | 11:54 | 2.4 | 5:59 | -0.1 | 6:15 | -0.1 | 6:40 | 6:29 | |
| 9 | Sat | | | 12:04 | 2.3 | 6:33 | 0.0 | 6:50 | -0.1 | 6:39 | 6:30 | |
| 10 | Sun | 12:33 | 2.3 | 12:41 | 2.2 | 7:11 | 0.1 | 7:30 | -0.1 | 6:38 | 6:30 | |
| 11 | Mon | 1:17 | 2.2 | 1:22 | 2.1 | 7:56 | 0.2 | 8:18 | -0.1 | 6:36 | 6:31 | |
| 12 | Tue | 2:08 | 2.2 | 2:12 | 2.1 | 8:49 | 0.3 | 9:16 | 0.0 | 6:35 | 6:31 | |
| 13 | Wed | 3:07 | 2.2 | 3:13 | 2.1 | 9:52 | 0.4 | 10:23 | 0.0 | 6:34 | 6:32 | |
| 14 | Thu | 4:14 | 2.2 | 4:24 | 2.1 | 11:02 | 0.3 | 11:32 | -0.1 | 6:33 | 6:32 | |
| 15 | Fri | 5:23 | 2.3 | 5:37 | 2.3 | | | 12:10 | 0.2 | 6:32 | 6:33 | |
| 16 | Sat | 6:26 | 2.5 | 6:43 | 2.5 | 12:38 | -0.3 | 1:12 | 0.0 | 6:31 | 6:33 | |
| 17 | Sun | 7:24 | 2.7 | 7:43 | 2.7 | 1:38 | -0.4 | 2:08 | -0.2 | 6:30 | 6:34 | |
| 18 | Mon | 8:16 | 2.8 | 8:38 | 2.9 | 2:34 | -0.5 | 3:01 | -0.5 | 6:29 | 6:34 | |
| 19 | Tue | 9:05 | 3.0 | 9:30 | 3.1 | 3:27 | -0.6 | 3:52 | -0.7 | 6:28 | 6:35 | |
| 20 | Wed | 9:53 | 3.0 | 10:21 | 3.1 | 4:18 | -0.7 | 4:41 | -0.8 | 6:27 | 6:35 | |
| 21 | Thu | 10:40 | 3.0 | 11:10 | 3.1 | 5:08 | -0.6 | 5:30 | -0.8 | 6:26 | 6:36 | |
| 22 | Fri | 11:26 | 2.9 | 11:59 | 3.0 | 5:58 | -0.5 | 6:20 | -0.7 | 6:25 | 6:36 | |
| 23 | Sat | | | 12:14 | 2.8 | 6:48 | -0.3 | 7:11 | -0.5 | 6:23 | 6:37 | |
| 24 | Sun | 12:50 | 2.8 | 1:02 | 2.6 | 7:40 | -0.1 | 8:04 | -0.3 | 6:22 | 6:37 | |
| 25 | Mon | 1:42 | 2.6 | 1:54 | 2.4 | 8:36 | 0.1 | 9:01 | -0.1 | 6:21 | 6:38 | |
| 26 | Tue | 2:37 | 2.4 | 2:50 | 2.2 | 9:36 | 0.3 | 10:02 | 0.1 | 6:20 | 6:38 | |
| 27 | Wed | 3:38 | 2.2 | 3:51 | 2.1 | 10:39 | 0.4 | 11:05 | 0.2 | 6:19 | 6:39 | |
| 28 | Thu | 4:41 | 2.1 | 4:56 | 2.0 | 11:41 | 0.5 | | | 6:18 | 6:39 | |
| 29 | Fri | 5:41 | 2.1 | 5:57 | 2.1 | 12:06 | 0.2 | 12:38 | 0.4 | 6:17 | 6:40 | |
| 30 | Sat | 6:34 | 2.2 | 6:50 | 2.2 | 1:00 | 0.2 | 1:28 | 0.4 | 6:16 | 6:40 | |
| 31 | Sun | 7:20 | 2.3 | 7:37 | 2.3 | 1:49 | 0.2 | 2:13 | 0.2 | 6:15 | 6:41 | |