



Vero Beach (ocean), FL - Mar 1976

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 7:53 | 3.4 | 8:11 | 3.4 | 1:42 | -0.3 | 2:01 | -0.3 | 6:45 | 6:22 | ☀ |
| 2 | Tue | 8:27 | 3.4 | 8:48 | 3.3 | 2:19 | -0.3 | 2:37 | -0.3 | 6:44 | 6:22 | ☀ |
| 3 | Wed | 9:00 | 3.3 | 9:24 | 3.3 | 2:54 | -0.2 | 3:11 | -0.3 | 6:43 | 6:23 | ☀ |
| 4 | Thu | 9:34 | 3.2 | 10:01 | 3.2 | 3:29 | 0.0 | 3:45 | -0.2 | 6:42 | 6:23 | ☀ |
| 5 | Fri | 10:09 | 3.0 | 10:39 | 3.0 | 4:03 | 0.1 | 4:20 | -0.1 | 6:41 | 6:24 | ☀ |
| 6 | Sat | 10:45 | 2.9 | 11:22 | 2.9 | 4:39 | 0.3 | 4:58 | 0.0 | 6:40 | 6:25 | ☀ |
| 7 | Sun | 11:26 | 2.8 | | | 5:20 | 0.4 | 5:43 | 0.1 | 6:39 | 6:25 | ☀ |
| 8 | Mon | 12:10 | 2.8 | 12:14 | 2.7 | 6:10 | 0.5 | 6:37 | 0.2 | 6:38 | 6:26 | ☀ |
| 9 | Tue | 1:07 | 2.7 | 1:13 | 2.6 | 7:11 | 0.6 | 7:41 | 0.2 | 6:36 | 6:26 | ☀ |
| 10 | Wed | 2:10 | 2.8 | 2:21 | 2.7 | 8:18 | 0.6 | 8:47 | 0.1 | 6:35 | 6:27 | ☀ |
| 11 | Thu | 3:15 | 2.9 | 3:30 | 2.9 | 9:22 | 0.4 | 9:49 | -0.1 | 6:34 | 6:27 | ☀ |
| 12 | Fri | 4:16 | 3.1 | 4:34 | 3.2 | 10:21 | 0.1 | 10:46 | -0.3 | 6:33 | 6:28 | ☀ |
| 13 | Sat | 5:11 | 3.4 | 5:32 | 3.5 | 11:14 | -0.2 | 11:40 | -0.5 | 6:32 | 6:29 | ☀ |
| 14 | Sun | 6:01 | 3.6 | 6:25 | 3.8 | | | 12:05 | -0.5 | 6:31 | 6:29 | ☀ |
| 15 | Mon | 6:50 | 3.9 | 7:17 | 4.1 | 12:31 | -0.7 | 12:54 | -0.8 | 6:30 | 6:30 | ☀ |
| 16 | Tue | 7:37 | 4.0 | 8:07 | 4.2 | 1:20 | -0.7 | 1:43 | -1.0 | 6:29 | 6:30 | ☀ |
| 17 | Wed | 8:24 | 4.1 | 8:57 | 4.2 | 2:10 | -0.7 | 2:32 | -1.1 | 6:28 | 6:31 | ☀ |
| 18 | Thu | 9:12 | 4.0 | 9:48 | 4.1 | 2:59 | -0.6 | 3:22 | -1.0 | 6:27 | 6:31 | ☀ |
| 19 | Fri | 10:02 | 3.9 | 10:40 | 3.9 | 3:51 | -0.5 | 4:15 | -0.9 | 6:25 | 6:32 | ☀ |
| 20 | Sat | 10:54 | 3.7 | 11:36 | 3.7 | 4:45 | -0.2 | 5:11 | -0.6 | 6:24 | 6:32 | ☀ |
| 21 | Sun | 11:50 | 3.4 | | | 5:43 | 0.0 | 6:12 | -0.4 | 6:23 | 6:33 | ☀ |
| 22 | Mon | 12:35 | 3.4 | 12:51 | 3.2 | 6:47 | 0.2 | 7:17 | -0.1 | 6:22 | 6:33 | ☀ |
| 23 | Tue | 1:39 | 3.2 | 1:58 | 3.1 | 7:54 | 0.3 | 8:24 | 0.0 | 6:21 | 6:34 | ☀ |
| 24 | Wed | 2:45 | 3.1 | 3:06 | 3.0 | 8:59 | 0.3 | 9:27 | 0.1 | 6:20 | 6:34 | ☀ |
| 25 | Thu | 3:47 | 3.1 | 4:09 | 3.1 | 9:58 | 0.3 | 10:23 | 0.1 | 6:19 | 6:35 | ☀ |
| 26 | Fri | 4:42 | 3.2 | 5:03 | 3.2 | 10:50 | 0.2 | 11:13 | 0.0 | 6:18 | 6:36 | ☀ |
| 27 | Sat | 5:28 | 3.3 | 5:50 | 3.3 | 11:36 | 0.0 | 11:58 | 0.0 | 6:16 | 6:36 | ☀ |
| 28 | Sun | 6:09 | 3.3 | 6:31 | 3.4 | | | 12:17 | -0.1 | 6:15 | 6:37 | ☀ |
| 29 | Mon | 6:46 | 3.4 | 7:09 | 3.5 | 12:38 | 0.0 | 12:55 | -0.2 | 6:14 | 6:37 | ☀ |
| 30 | Tue | 7:21 | 3.4 | 7:45 | 3.6 | 1:16 | 0.0 | 1:31 | -0.2 | 6:13 | 6:38 | ☀ |
| 31 | Wed | 7:56 | 3.4 | 8:21 | 3.6 | 1:52 | 0.0 | 2:05 | -0.2 | 6:12 | 6:38 | ☀ |