

Upshur Neck, VA - Mar 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:45	4.6	8:59	4.4	2:39	-0.5	3:04	-0.2	6:33	5:57	
2	Tue	9:23	4.6	9:38	4.5	3:17	-0.4	3:38	-0.2	6:32	5:58	
3	Wed	10:00	4.4	10:17	4.6	3:56	-0.3	4:12	-0.1	6:31	5:59	
4	Thu	10:38	4.3	10:56	4.5	4:35	-0.1	4:48	0.1	6:29	6:00	
5	Fri	11:16	4.0	11:37	4.4	5:16	0.1	5:27	0.2	6:28	6:01	
6	Sat	11:55	3.8			6:00	0.4	6:08	0.4	6:26	6:02	
7	Sun	12:21	4.3	12:38	3.6	6:47	0.6	6:54	0.5	6:25	6:03	
8	Mon	1:09	4.3	1:28	3.5	7:39	0.8	7:45	0.6	6:23	6:03	
9	Tue	2:05	4.3	2:25	3.4	8:35	0.8	8:41	0.5	6:22	6:04	
10	Wed	3:06	4.4	3:26	3.6	9:34	0.8	9:41	0.4	6:20	6:05	
11	Thu	4:07	4.6	4:27	3.8	10:33	0.6	10:41	0.1	6:19	6:06	
12	Fri	5:04	4.9	5:24	4.2	11:29	0.3	11:41	-0.2	6:18	6:07	
13	Sat	5:58	5.2	6:17	4.7			12:22	-0.1	6:16	6:08	
14	Sun	6:49	5.4	7:09	5.1	12:37	-0.6	1:12	-0.5	6:15	6:09	
15	Mon	7:39	5.6	8:00	5.5	1:31	-1.0	2:00	-0.8	6:13	6:10	
16	Tue	8:29	5.6	8:51	5.8	2:24	-1.2	2:47	-1.0	6:12	6:11	
17	Wed	9:18	5.4	9:42	5.9	3:15	-1.3	3:34	-1.1	6:10	6:12	
18	Thu	10:07	5.2	10:33	5.9	4:08	-1.2	4:22	-1.0	6:09	6:13	
19	Fri	10:57	4.8	11:25	5.6	5:02	-0.9	5:13	-0.8	6:07	6:14	
20	Sat	11:49	4.4			5:58	-0.6	6:07	-0.6	6:06	6:15	
21	Sun	12:20	5.3	12:44	4.0	6:58	-0.2	7:04	-0.3	6:04	6:16	
22	Mon	1:19	4.9	1:44	3.7	8:00	0.1	8:06	0.0	6:03	6:16	
23	Tue	2:25	4.6	2:51	3.5	9:05	0.3	9:10	0.1	6:01	6:17	
24	Wed	3:35	4.4	4:00	3.5	10:10	0.4	10:15	0.2	5:59	6:18	
25	Thu	4:41	4.3	5:02	3.7	11:11	0.4	11:17	0.2	5:58	6:19	
26	Fri	5:36	4.3	5:52	3.9			12:02	0.3	5:56	6:20	
27	Sat	6:21	4.4	6:34	4.2	12:12	0.1	12:44	0.2	5:55	6:21	
28	Sun	7:00	4.4	7:14	4.4	12:58	0.0	1:21	0.1	5:53	6:22	
29	Mon	7:38	4.4	7:52	4.7	1:39	-0.1	1:55	0.1	5:52	6:23	
30	Tue	8:16	4.5	8:31	4.9	2:17	-0.2	2:28	0.0	5:50	6:24	
31	Wed	8:53	4.4	9:09	5.0	2:55	-0.2	3:02	0.0	5:49	6:25	