

Upshur Neck, VA - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			12:08	4.6	6:12	0.0	6:19	0.1	5:45	8:28	
2	Fri	12:29	5.4	12:58	4.7	6:59	0.0	7:15	0.2	5:46	8:28	
3	Sat	1:17	5.1	1:51	4.8	7:49	0.0	8:14	0.3	5:46	8:27	
4	Sun	2:09	4.8	2:49	5.0	8:40	-0.1	9:16	0.4	5:47	8:27	
5	Mon	3:07	4.5	3:51	5.1	9:34	-0.1	10:20	0.4	5:47	8:27	
6	Tue	4:08	4.2	4:54	5.3	10:30	-0.2	11:25	0.3	5:48	8:27	
7	Wed	5:11	4.1	5:55	5.5	11:29	-0.2			5:49	8:27	
8	Thu	6:12	4.1	6:53	5.7	12:30	0.2	12:27	-0.4	5:49	8:26	
9	Fri	7:10	4.1	7:47	5.9	1:31	0.0	1:24	-0.5	5:50	8:26	
10	Sat	8:04	4.2	8:39	5.9	2:26	-0.2	2:19	-0.6	5:50	8:26	
11	Sun	8:57	4.3	9:28	5.8	3:16	-0.3	3:10	-0.6	5:51	8:25	
12	Mon	9:47	4.4	10:15	5.7	4:02	-0.4	3:58	-0.6	5:52	8:25	
13	Tue	10:34	4.4	10:59	5.5	4:46	-0.3	4:46	-0.4	5:52	8:24	
14	Wed	11:21	4.5	11:43	5.2	5:29	-0.2	5:33	-0.1	5:53	8:24	
15	Thu			12:06	4.4	6:11	0.0	6:20	0.2	5:54	8:23	
16	Fri	12:25	4.8	12:51	4.4	6:54	0.2	7:09	0.5	5:55	8:23	
17	Sat	1:08	4.5	1:38	4.3	7:36	0.4	8:00	0.7	5:55	8:22	
18	Sun	1:53	4.1	2:27	4.3	8:19	0.5	8:52	1.0	5:56	8:22	
19	Mon	2:41	3.9	3:21	4.3	9:04	0.7	9:46	1.1	5:57	8:21	
20	Tue	3:33	3.7	4:16	4.4	9:52	0.7	10:42	1.2	5:57	8:21	
21	Wed	4:28	3.6	5:11	4.6	10:41	0.7	11:37	1.1	5:58	8:20	
22	Thu	5:23	3.6	6:03	4.8	11:32	0.7			5:59	8:19	
23	Fri	6:15	3.8	6:51	5.1	12:31	1.0	12:23	0.5	6:00	8:18	
24	Sat	7:05	4.0	7:38	5.4	1:21	0.8	1:13	0.3	6:01	8:18	
25	Sun	7:52	4.2	8:23	5.7	2:08	0.6	2:02	0.1	6:01	8:17	
26	Mon	8:39	4.5	9:07	5.9	2:52	0.3	2:49	-0.1	6:02	8:16	
27	Tue	9:25	4.7	9:52	5.9	3:34	0.1	3:35	-0.2	6:03	8:15	
28	Wed	10:12	4.9	10:36	5.9	4:17	-0.1	4:23	-0.3	6:04	8:14	
29	Thu	10:59	5.1	11:22	5.8	5:01	-0.2	5:12	-0.3	6:05	8:14	
30	Fri	11:47	5.3			5:46	-0.3	6:04	-0.1	6:05	8:13	
31	Sat	12:08	5.5	12:38	5.3	6:33	-0.2	6:59	0.0	6:06	8:12	