

Upshur Neck, VA - Aug 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:57	5.1	1:31	5.3	7:23	-0.2	7:59	0.2	6:07	8:11	
2	Mon	1:49	4.7	2:29	5.3	8:16	-0.1	9:01	0.4	6:08	8:10	
3	Tue	2:47	4.3	3:32	5.3	9:12	0.0	10:06	0.5	6:09	8:09	
4	Wed	3:50	4.1	4:38	5.3	10:11	0.0	11:13	0.5	6:10	8:08	
5	Thu	4:56	3.9	5:43	5.4	11:12	0.0			6:10	8:07	
6	Fri	6:00	4.0	6:42	5.5	12:19	0.4	12:14	-0.1	6:11	8:06	
7	Sat	6:58	4.1	7:35	5.6	1:19	0.3	1:12	-0.2	6:12	8:05	
8	Sun	7:50	4.3	8:23	5.6	2:11	0.1	2:06	-0.3	6:13	8:03	
9	Mon	8:39	4.5	9:08	5.6	2:57	0.0	2:55	-0.3	6:14	8:02	
10	Tue	9:25	4.6	9:51	5.5	3:39	-0.1	3:40	-0.3	6:15	8:01	
11	Wed	10:09	4.7	10:32	5.3	4:17	-0.1	4:24	-0.2	6:16	8:00	
12	Thu	10:51	4.8	11:12	5.1	4:55	0.0	5:07	0.0	6:16	7:59	
13	Fri	11:33	4.8	11:52	4.8	5:33	0.1	5:50	0.3	6:17	7:58	
14	Sat			12:15	4.7	6:11	0.3	6:34	0.6	6:18	7:56	
15	Sun	12:32	4.5	12:59	4.7	6:51	0.5	7:21	0.8	6:19	7:55	
16	Mon	1:14	4.2	1:45	4.6	7:33	0.7	8:11	1.1	6:20	7:54	
17	Tue	2:00	4.0	2:36	4.5	8:19	0.9	9:04	1.3	6:21	7:53	
18	Wed	2:50	3.8	3:32	4.6	9:08	1.0	9:59	1.4	6:22	7:51	
19	Thu	3:47	3.7	4:30	4.7	10:00	1.0	10:56	1.3	6:22	7:50	
20	Fri	4:45	3.8	5:26	4.9	10:55	0.9	11:52	1.2	6:23	7:49	
21	Sat	5:41	4.0	6:18	5.2	11:50	0.7			6:24	7:47	
22	Sun	6:34	4.3	7:07	5.5	12:45	0.9	12:44	0.4	6:25	7:46	
23	Mon	7:23	4.6	7:54	5.8	1:34	0.6	1:36	0.1	6:26	7:45	
24	Tue	8:12	5.0	8:40	6.0	2:20	0.3	2:27	-0.1	6:27	7:43	
25	Wed	8:59	5.4	9:26	6.1	3:04	0.0	3:16	-0.4	6:27	7:42	
26	Thu	9:48	5.7	10:12	6.0	3:48	-0.3	4:05	-0.5	6:28	7:40	
27	Fri	10:36	5.9	10:59	5.8	4:32	-0.4	4:56	-0.4	6:29	7:39	
28	Sat	11:26	6.0	11:48	5.5	5:18	-0.4	5:48	-0.3	6:30	7:38	
29	Sun			12:17	5.9	6:07	-0.3	6:44	0.0	6:31	7:36	
30	Mon	12:38	5.1	1:11	5.8	6:58	-0.2	7:44	0.2	6:32	7:35	
31	Tue	1:31	4.6	2:10	5.6	7:54	0.0	8:47	0.5	6:32	7:33	