

Upshur Neck, VA - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	4:15	4.2	4:36	4.5	10:28	0.7	11:01	0.5	6:28	5:05	
2	Tue	5:08	4.4	5:24	4.4	11:26	0.6	11:45	0.5	6:29	5:04	
3	Wed	5:52	4.7	6:06	4.4			12:17	0.6	6:30	5:03	
4	Thu	6:31	4.9	6:45	4.4	12:24	0.4	1:00	0.5	6:31	5:02	
5	Fri	7:09	5.2	7:24	4.4	1:01	0.3	1:39	0.4	6:32	5:01	
6	Sat	7:48	5.3	8:03	4.4	1:37	0.3	2:17	0.4	6:33	5:00	
7	Sun	8:27	5.4	8:43	4.4	2:13	0.2	2:54	0.4	6:34	4:59	
8	Mon	9:06	5.5	9:23	4.3	2:49	0.3	3:32	0.4	6:35	4:58	
9	Tue	9:46	5.4	10:03	4.2	3:27	0.4	4:12	0.5	6:36	4:57	
10	Wed	10:27	5.4	10:44	4.1	4:06	0.5	4:54	0.7	6:37	4:56	
11	Thu	11:08	5.2	11:27	4.0	4:47	0.6	5:38	0.8	6:38	4:55	
12	Fri	11:52	5.1			5:33	0.7	6:26	0.9	6:39	4:54	
13	Sat	12:14	4.0	12:40	5.0	6:24	0.8	7:17	0.8	6:41	4:54	
14	Sun	1:07	4.0	1:33	4.9	7:21	0.9	8:09	0.7	6:42	4:53	
15	Mon	2:06	4.2	2:31	4.8	8:22	0.8	9:02	0.5	6:43	4:52	
16	Tue	3:07	4.5	3:30	4.8	9:24	0.6	9:56	0.3	6:44	4:51	
17	Wed	4:07	4.9	4:29	4.8	10:27	0.4	10:50	0.0	6:45	4:51	
18	Thu	5:04	5.4	5:24	4.9	11:29	0.1	11:43	-0.4	6:46	4:50	
19	Fri	5:58	5.9	6:18	5.0			12:28	-0.3	6:47	4:50	
20	Sat	6:51	6.3	7:11	5.0	12:36	-0.7	1:24	-0.5	6:48	4:49	
21	Sun	7:44	6.5	8:04	4.9	1:27	-0.9	2:17	-0.7	6:49	4:48	
22	Mon	8:36	6.6	8:57	4.8	2:18	-1.0	3:10	-0.7	6:50	4:48	
23	Tue	9:29	6.5	9:49	4.7	3:09	-1.0	4:02	-0.7	6:51	4:48	
24	Wed	10:21	6.2	10:42	4.5	4:01	-0.8	4:55	-0.5	6:52	4:47	
25	Thu	11:13	5.8	11:36	4.3	4:54	-0.6	5:50	-0.3	6:53	4:47	
26	Fri			12:05	5.3	5:51	-0.2	6:45	0.0	6:54	4:46	
27	Sat	12:32	4.1	12:59	4.8	6:50	0.1	7:41	0.2	6:55	4:46	
28	Sun	1:31	3.9	1:56	4.4	7:51	0.4	8:35	0.3	6:56	4:46	
29	Mon	2:34	3.9	2:54	4.1	8:53	0.6	9:26	0.4	6:57	4:45	
30	Tue	3:36	4.0	3:51	3.9	9:55	0.7	10:15	0.4	6:58	4:45	