

Upshur Neck, VA - Aug 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	7:25	3.8	7:56	5.1	1:53	0.7	1:37	0.3	6:07	8:11	
2	Wed	8:08	4.0	8:37	5.2	2:32	0.6	2:20	0.3	6:08	8:10	
3	Thu	8:50	4.2	9:17	5.3	3:08	0.5	3:00	0.2	6:08	8:09	
4	Fri	9:32	4.4	9:56	5.4	3:43	0.4	3:40	0.2	6:09	8:08	
5	Sat	10:13	4.5	10:35	5.3	4:19	0.4	4:20	0.2	6:10	8:07	
6	Sun	10:53	4.6	11:13	5.2	4:55	0.3	5:01	0.3	6:11	8:06	
7	Mon	11:34	4.7	11:51	5.1	5:32	0.4	5:43	0.5	6:12	8:05	
8	Tue			12:15	4.8	6:11	0.4	6:28	0.6	6:13	8:04	
9	Wed	12:31	4.9	12:59	4.8	6:53	0.5	7:18	0.7	6:13	8:03	
10	Thu	1:14	4.7	1:47	4.9	7:38	0.5	8:13	0.8	6:14	8:02	
11	Fri	2:03	4.4	2:42	5.0	8:28	0.5	9:12	0.8	6:15	8:01	
12	Sat	2:59	4.3	3:42	5.2	9:23	0.4	10:14	0.8	6:16	7:59	
13	Sun	4:02	4.2	4:46	5.4	10:21	0.3	11:17	0.6	6:17	7:58	
14	Mon	5:06	4.3	5:47	5.7	11:22	0.1			6:18	7:57	
15	Tue	6:08	4.5	6:46	6.0	12:20	0.4	12:23	-0.2	6:19	7:56	
16	Wed	7:06	4.7	7:42	6.2	1:20	0.0	1:23	-0.5	6:19	7:54	
17	Thu	8:03	5.0	8:35	6.3	2:15	-0.3	2:20	-0.7	6:20	7:53	
18	Fri	8:57	5.3	9:27	6.3	3:06	-0.5	3:15	-0.9	6:21	7:52	
19	Sat	9:49	5.4	10:17	6.1	3:54	-0.7	4:07	-0.9	6:22	7:51	
20	Sun	10:41	5.5	11:06	5.8	4:42	-0.7	4:59	-0.7	6:23	7:49	
21	Mon	11:31	5.5	11:54	5.4	5:29	-0.6	5:52	-0.4	6:24	7:48	
22	Tue			12:21	5.4	6:16	-0.3	6:46	-0.1	6:24	7:47	
23	Wed	12:41	4.9	1:12	5.1	7:05	-0.1	7:42	0.3	6:25	7:45	
24	Thu	1:30	4.4	2:04	4.9	7:55	0.2	8:40	0.7	6:26	7:44	
25	Fri	2:22	4.0	3:01	4.7	8:46	0.5	9:39	0.9	6:27	7:43	
26	Sat	3:18	3.8	4:02	4.6	9:40	0.7	10:40	1.1	6:28	7:41	
27	Sun	4:19	3.6	5:02	4.6	10:34	0.8	11:39	1.1	6:29	7:40	
28	Mon	5:18	3.7	5:57	4.7	11:29	0.8			6:30	7:38	
29	Tue	6:11	3.8	6:44	4.9	12:33	1.1	12:21	0.7	6:30	7:37	
30	Wed	6:57	4.1	7:27	5.1	1:18	1.0	1:09	0.6	6:31	7:35	
31	Thu	7:41	4.3	8:08	5.3	1:57	0.8	1:54	0.5	6:32	7:34	