






























Upshur Neck, VA - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	7:29	3.8	8:06	5.9	1:57	0.1	1:39	-0.3	5:45	8:28	
2	Sun	8:22	3.9	8:58	5.9	2:51	0.0	2:32	-0.4	5:46	8:28	
3	Mon	9:14	3.9	9:47	5.8	3:40	-0.1	3:22	-0.4	5:46	8:27	
4	Tue	10:03	4.0	10:34	5.6	4:25	-0.1	4:11	-0.3	5:47	8:27	
5	Wed	10:51	4.0	11:19	5.4	5:09	0.0	4:58	-0.2	5:47	8:27	
6	Thu	11:37	4.1			5:52	0.1	5:45	0.1	5:48	8:27	
7	Fri	12:01	5.1	12:22	4.1	6:33	0.3	6:33	0.3	5:49	8:27	
8	Sat	12:43	4.7	1:07	4.1	7:14	0.4	7:23	0.6	5:49	8:26	
9	Sun	1:25	4.4	1:54	4.1	7:54	0.6	8:15	0.9	5:50	8:26	
10	Mon	2:09	4.0	2:44	4.2	8:35	0.7	9:09	1.0	5:50	8:26	
11	Tue	2:57	3.7	3:37	4.3	9:18	0.8	10:04	1.2	5:51	8:25	
12	Wed	3:49	3.5	4:32	4.4	10:03	0.8	11:00	1.2	5:52	8:25	
13	Thu	4:44	3.4	5:25	4.6	10:51	0.8	11:57	1.1	5:52	8:25	
14	Fri	5:39	3.4	6:17	4.9	11:42	0.7			5:53	8:24	
15	Sat	6:30	3.5	7:06	5.2	12:52	1.0	12:33	0.6	5:54	8:24	
16	Sun	7:19	3.7	7:53	5.5	1:43	0.8	1:24	0.3	5:54	8:23	
17	Mon	8:07	3.9	8:40	5.7	2:29	0.6	2:14	0.1	5:55	8:22	
18	Tue	8:55	4.1	9:26	5.9	3:14	0.3	3:01	-0.1	5:56	8:22	
19	Wed	9:42	4.3	10:11	6.0	3:57	0.1	3:49	-0.2	5:57	8:21	
20	Thu	10:30	4.6	10:57	5.9	4:40	0.0	4:38	-0.3	5:57	8:21	
21	Fri	11:19	4.8	11:42	5.7	5:24	-0.1	5:29	-0.2	5:58	8:20	
22	Sat			12:08	5.0	6:09	-0.2	6:23	-0.1	5:59	8:19	
23	Sun	12:29	5.4	12:59	5.1	6:55	-0.2	7:21	0.1	6:00	8:19	
24	Mon	1:17	4.9	1:53	5.2	7:44	-0.1	8:22	0.3	6:00	8:18	
25	Tue	2:10	4.4	2:52	5.2	8:35	0.0	9:26	0.5	6:01	8:17	
26	Wed	3:08	4.0	3:56	5.2	9:30	0.1	10:34	0.6	6:02	8:16	
27	Thu	4:12	3.7	5:02	5.3	10:27	0.1	11:43	0.6	6:03	8:15	
28	Fri	5:17	3.6	6:05	5.4	11:28	0.1			6:04	8:15	
29	Sat	6:20	3.6	7:04	5.5	12:50	0.5	12:29	0.0	6:05	8:14	
30	Sun	7:17	3.7	7:57	5.6	1:49	0.4	1:27	-0.1	6:05	8:13	
31	Mon	8:09	3.9	8:45	5.6	2:39	0.3	2:20	-0.2	6:06	8:12	