
































## Upshur Neck, VA - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:26	4.4	11:56	5.3	5:33	-0.6	5:42	-0.5	6:34	5:56	
2	Fri			12:17	4.0	6:30	-0.3	6:35	-0.4	6:32	5:57	
3	Sat	12:52	5.1	1:13	3.6	7:33	0.1	7:33	-0.2	6:31	5:58	
4	Sun	1:56	4.8	2:17	3.3	8:39	0.3	8:37	-0.1	6:30	5:59	
5	Mon	3:08	4.7	3:29	3.2	9:50	0.4	9:44	0.0	6:28	6:00	
6	Tue	4:21	4.6	4:40	3.3	11:00	0.4	10:52	-0.1	6:27	6:01	
7	Wed	5:27	4.7	5:42	3.5			12:03	0.2	6:25	6:02	
8	Thu	6:22	4.7	6:34	3.8			12:53	0.1	6:24	6:03	
9	Fri	7:08	4.8	7:19	4.1	12:51	-0.4	1:35	-0.1	6:22	6:04	
10	Sat	7:49	4.8	8:01	4.4	1:39	-0.5	2:11	-0.2	6:21	6:05	
11	Sun	8:28	4.7	8:41	4.6	2:22	-0.6	2:46	-0.3	6:20	6:06	
12	Mon	9:05	4.5	9:20	4.7	3:03	-0.5	3:19	-0.2	6:18	6:07	
13	Tue	9:42	4.4	9:58	4.8	3:42	-0.4	3:52	-0.1	6:17	6:08	
14	Wed	10:19	4.1	10:37	4.7	4:22	-0.2	4:27	0.0	6:15	6:09	
15	Thu	10:57	3.9	11:17	4.6	5:02	0.1	5:03	0.2	6:14	6:10	
16	Fri	11:36	3.6			5:45	0.4	5:43	0.4	6:12	6:11	
17	Sat	12:00	4.4	12:18	3.4	6:31	0.7	6:27	0.6	6:11	6:12	
18	Sun	12:47	4.3	1:04	3.2	7:22	0.9	7:17	0.7	6:09	6:12	
19	Mon	1:41	4.2	1:59	3.1	8:17	1.1	8:13	0.8	6:08	6:13	
20	Tue	2:43	4.2	3:01	3.2	9:15	1.1	9:12	0.7	6:06	6:14	
21	Wed	3:45	4.3	4:03	3.4	10:13	1.0	10:13	0.5	6:05	6:15	
22	Thu	4:43	4.5	5:00	3.8	11:08	0.7	11:12	0.2	6:03	6:16	
23	Fri	5:35	4.8	5:52	4.3	11:58	0.4			6:02	6:17	
24	Sat	6:23	5.1	6:41	4.8	12:08	-0.1	12:45	0.0	6:00	6:18	
25	Sun	7:10	5.2	7:29	5.3	1:02	-0.5	1:29	-0.3	5:59	6:19	
26	Mon	7:57	5.2	8:17	5.7	1:53	-0.7	2:12	-0.6	5:57	6:20	
27	Tue	8:44	5.2	9:05	6.0	2:43	-0.9	2:56	-0.7	5:56	6:21	
28	Wed	9:31	5.0	9:54	6.1	3:33	-0.9	3:41	-0.8	5:54	6:22	
29	Thu	10:19	4.7	10:45	6.0	4:25	-0.8	4:28	-0.7	5:53	6:22	
30	Fri	11:09	4.3	11:39	5.7	5:20	-0.5	5:20	-0.5	5:51	6:23	
31	Sat			12:02	4.0	6:18	-0.2	6:16	-0.2	5:50	6:24	