US HARBORS www.USHarbors.com

Upshur Neck, VA - Mar 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	6:54	5.1	7:07	4.0	12:30	-0.6	1:25	-0.2	6:33	5:56	
2	Mon	7:42	5.1	7:55	4.3	1:25	-0.8	2:08	-0.4	6:32	5:57	
3	Tue	8:26	5.1	8:40	4.6	2:14	-0.9	2:47	-0.5	6:31	5:58	
4	Wed	9:07	4.9	9:22	4.7	3:00	-0.8	3:25	-0.5	6:29	5:59	
5	Thu	9:46	4.6	10:03	4.8	3:43	-0.7	4:01	-0.4	6:28	6:00	
6	Fri	10:25	4.3	10:44	4.7	4:26	-0.5	4:37	-0.2	6:26	6:01	
7	Sat	11:04	4.0	11:25	4.6	5:10	-0.2	5:15	0.0	6:25	6:02	
8	Sun			12:44	3.7	6:55	0.2	6:55	0.3	7:24	7:03	
9	Mon	1:08	4.4	1:26	3.4	7:42	0.5	7:39	0.5	7:22	7:04	
10	Tue	1:56	4.2	2:14	3.1	8:33	0.8	8:28	0.7	7:21	7:05	
11	Wed	2:52	4.0	3:09	3.0	9:29	1.0	9:23	0.8	7:19	7:06	
12	Thu	3:54	4.0	4:11	3.0	10:28	1.1	10:21	0.7	7:18	7:07	
13	Fri	4:58	4.1	5:13	3.1	11:28	1.1	11:20	0.6	7:16	7:08	
14	Sat	5:56	4.3	6:08	3.4			12:23	0.9	7:15	7:09	
15	Sun	6:46	4.6	6:58	3.8	12:17	0.4	1:11	0.7	7:13	7:10	
16	Mon	7:31	4.8	7:44	4.2	1:10	0.1	1:53	0.3	7:12	7:11	
17	Tue	8:14	5.0	8:28	4.7	2:00	-0.2	2:33	0.0	7:10	7:12	
18	Wed	8:56	5.1	9:12	5.1	2:47	-0.5	3:12	-0.2	7:09	7:13	
19	Thu	9:39	5.1	9:57	5.4	3:33	-0.6	3:52	-0.4	7:07	7:14	
20	Fri	10:22	5.0	10:42	5.6	4:20	-0.7	4:33	-0.5	7:06	7:15	
21	Sat	11:06	4.7	11:29	5.7	5:09	-0.7	5:16	-0.5	7:04	7:15	
22	Sun	11:53	4.4			6:00	-0.5	6:02	-0.4	7:03	7:16	
23	Mon	12:19	5.6	12:42	4.1	6:55	-0.2	6:54	-0.2	7:01	7:17	
24	Tue	1:13	5.4	1:36	3.7	7:55	0.1	7:52	0.0	7:00	7:18	
25	Wed	2:14	5.1	2:38	3.5	9:00	0.3	8:56	0.1	6:58	7:19	
26	Thu	3:23	4.9	3:48	3.4	10:08	0.5	10:04	0.2	6:57	7:20	
27	Fri	4:36	4.7	5:02	3.5	11:16	0.5	11:14	0.1	6:55	7:21	
28	Sat	5:46	4.7	6:08	3.7			12:20	0.3	6:54	7:22	
29	Sun	6:45	4.7	7:04	4.1	12:21	0.0	1:13	0.1	6:52	7:23	
30	Mon	7:34	4.8	7:51	4.5	1:21	-0.2	1:58	0.0	6:51	7:24	
31	Tue	8:18	4.7	8:34	4.8	2:14	-0.4	2:37	-0.2	6:49	7:24	