US HARBORS www.USHarbors.com

Upshur Neck, VA - Mar 2030

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	6:16	4.8	6:31	4.0			12:47	-0.1	6:33	5:57	
2	Sat	7:05	4.9	7:19	4.2	12:50	-0.6	1:33	-0.3	6:32	5:58	
3	Sun	7:50	4.9	8:04	4.5	1:40	-0.7	2:13	-0.4	6:31	5:58	
4	Mon	8:31	4.8	8:46	4.6	2:25	-0.8	2:50	-0.5	6:29	5:59	
5	Tue	9:10	4.7	9:26	4.7	3:08	-0.7	3:26	-0.4	6:28	6:00	
6	Wed	9:49	4.5	10:07	4.7	3:49	-0.5	4:02	-0.3	6:26	6:01	
7	Thu	10:28	4.2	10:47	4.7	4:29	-0.3	4:39	-0.1	6:25	6:02	
8	Fri	11:07	4.0	11:28	4.5	5:11	0.0	5:17	0.1	6:23	6:03	
9	Sat	11:47	3.7			5:55	0.3	5:59	0.3	6:22	6:04	
10	Sun	12:12	4.3	1:30	3.5	7:42	0.6	7:44	0.5	7:21	7:05	
11	Mon	2:01	4.2	2:18	3.3	8:32	0.8	8:34	0.6	7:19	7:06	
12	Tue	2:55	4.1	3:13	3.2	9:27	1.0	9:28	0.7	7:18	7:07	
13	Wed	3:55	4.1	4:14	3.3	10:24	1.0	10:26	0.6	7:16	7:08	
14	Thu	4:56	4.2	5:13	3.5	11:20	0.9	11:24	0.5	7:15	7:09	
15	Fri	5:52	4.5	6:08	3.8			12:14	0.7	7:13	7:10	
16	Sat	6:42	4.7	6:59	4.3	12:21	0.2	1:04	0.4	7:12	7:11	
17	Sun	7:30	5.0	7:47	4.7	1:15	-0.1	1:50	0.0	7:10	7:12	
18	Mon	8:15	5.2	8:34	5.2	2:06	-0.4	2:34	-0.3	7:09	7:13	
19	Tue	9:01	5.3	9:21	5.5	2:56	-0.7	3:17	-0.6	7:07	7:14	
20	Wed	9:47	5.2	10:08	5.8	3:45	-0.9	4:01	-0.7	7:06	7:15	
21	Thu	10:34	5.1	10:57	5.9	4:34	-0.9	4:46	-0.8	7:04	7:15	
22	Fri	11:21	4.8	11:47	5.8	5:25	-0.8	5:33	-0.7	7:03	7:16	
23	Sat			12:11	4.5	6:19	-0.6	6:24	-0.6	7:01	7:17	
24	Sun	12:40	5.6	1:03	4.2	7:16	-0.3	7:20	-0.3	7:00	7:18	
25	Mon	1:37	5.3	2:01	3.9	8:17	0.0	8:21	-0.1	6:58	7:19	
26	Tue	2:39	5.0	3:05	3.6	9:21	0.2	9:25	0.0	6:57	7:20	
27	Wed	3:48	4.7	4:16	3.6	10:27	0.3	10:33	0.1	6:55	7:21	
28	Thu	4:59	4.6	5:25	3.8	11:32	0.3	11:40	0.0	6:54	7:22	
29	Fri	6:03	4.5	6:25	4.0			12:30	0.2	6:52	7:23	
30	Sat	6:57	4.5	7:15	4.3	12:43	-0.1	1:20	0.1	6:51	7:24	
31	Sun	7:42	4.5	7:59	4.6	1:38	-0.2	2:03	0.0	6:49	7:25	