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# Lanark, St. George Sound, FL - Jul 2003

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 5:36 | 2.5 | 3:24 | 3.0 | 10:17 | 2.0 | 11:04 | -0.3 | 6:41 | 8:43 | |
| 2 | Wed | 6:14 | 2.5 | 4:04 | 2.9 | 10:58 | 2.0 | 11:41 | -0.2 | 6:41 | 8:43 | |
| 3 | Thu | 6:50 | 2.5 | 4:51 | 2.8 | 11:44 | 1.9 | | | 6:41 | 8:43 | |
| 4 | Fri | 7:24 | 2.5 | 5:48 | 2.5 | 12:19 | 0.0 | 12:37 | 1.8 | 6:42 | 8:43 | |
| 5 | Sat | 7:55 | 2.5 | 7:00 | 2.3 | 12:57 | 0.3 | 1:46 | 1.6 | 6:42 | 8:43 | |
| 6 | Sun | 8:26 | 2.6 | 8:26 | 2.1 | 1:37 | 0.7 | 3:08 | 1.3 | 6:43 | 8:43 | |
| 7 | Mon | 8:59 | 2.7 | 10:08 | 2.0 | 2:25 | 1.1 | 4:25 | 0.8 | 6:43 | 8:42 | |
| 8 | Tue | 9:36 | 2.8 | | | 3:30 | 1.5 | 5:28 | 0.4 | 6:44 | 8:42 | |
| 9 | Wed | 12:42 | 2.0 | 10:19 AM | 2.9 | 4:44 | 1.9 | 6:23 | 0.0 | 6:44 | 8:42 | |
| 10 | Thu | 2:24 | 2.3 | 11:08 AM | 3.0 | 5:49 | 2.1 | 7:14 | -0.3 | 6:45 | 8:42 | |
| 11 | Fri | 3:14 | 2.5 | 12:02 | 3.1 | 6:46 | 2.2 | 8:05 | -0.6 | 6:45 | 8:42 | |
| 12 | Sat | 3:53 | 2.6 | 12:58 | 3.2 | 7:40 | 2.2 | 8:54 | -0.7 | 6:46 | 8:41 | |
| 13 | Sun | 4:29 | 2.6 | 1:50 | 3.3 | 8:32 | 2.2 | 9:41 | -0.6 | 6:46 | 8:41 | |
| 14 | Mon | 5:02 | 2.6 | 2:39 | 3.3 | 9:22 | 2.1 | 10:24 | -0.5 | 6:47 | 8:41 | |
| 15 | Tue | 5:34 | 2.5 | 3:25 | 3.2 | 10:11 | 1.9 | 11:05 | -0.3 | 6:47 | 8:41 | |
| 16 | Wed | 6:04 | 2.5 | 4:11 | 3.0 | 10:58 | 1.8 | 11:42 | -0.1 | 6:48 | 8:40 | |
| 17 | Thu | 6:33 | 2.4 | 5:00 | 2.8 | 11:46 | 1.7 | | | 6:48 | 8:40 | |
| 18 | Fri | 6:59 | 2.4 | 5:53 | 2.5 | 12:17 | 0.3 | 12:36 | 1.5 | 6:49 | 8:39 | |
| 19 | Sat | 7:25 | 2.5 | 6:56 | 2.2 | 12:50 | 0.6 | 1:32 | 1.4 | 6:49 | 8:39 | |
| 20 | Sun | 7:53 | 2.5 | 8:09 | 2.0 | 1:23 | 1.0 | 2:41 | 1.2 | 6:50 | 8:39 | |
| 21 | Mon | 8:23 | 2.5 | 9:41 | 1.9 | 1:57 | 1.4 | 3:59 | 1.0 | 6:51 | 8:38 | |
| 22 | Tue | 8:59 | 2.5 | | | 2:42 | 1.7 | 5:06 | 0.8 | 6:51 | 8:38 | |
| 23 | Wed | 2:04 | 1.9 | 9:40 AM | 2.6 | 4:10 | 1.9 | 6:00 | 0.5 | 6:52 | 8:37 | |
| 24 | Thu | 2:45 | 2.1 | 10:28 AM | 2.6 | 5:27 | 2.0 | 6:47 | 0.3 | 6:52 | 8:37 | |
| 25 | Fri | 3:07 | 2.3 | 11:23 AM | 2.7 | 6:26 | 2.1 | 7:31 | 0.1 | 6:53 | 8:36 | |
| 26 | Sat | 3:27 | 2.4 | 12:19 | 2.8 | 7:15 | 2.1 | 8:14 | -0.1 | 6:53 | 8:35 | |
| 27 | Sun | 3:49 | 2.5 | 1:10 | 3.0 | 7:59 | 2.1 | 8:54 | -0.2 | 6:54 | 8:35 | |
| 28 | Mon | 4:12 | 2.5 | 1:56 | 3.1 | 8:42 | 2.0 | 9:33 | -0.3 | 6:55 | 8:34 | |
| 29 | Tue | 4:36 | 2.6 | 2:39 | 3.1 | 9:24 | 1.9 | 10:11 | -0.3 | 6:55 | 8:33 | |
| 30 | Wed | 5:01 | 2.6 | 3:22 | 3.1 | 10:05 | 1.8 | 10:46 | -0.2 | 6:56 | 8:33 | |

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Thu | **5:26** | 2.6 | **4:07** | 3.0 | **10:48** | 1.7 | **11:21** | 0.0 | 6:56 | 8:32 | ● |