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# Lanark, St. George Sound, FL - Jul 2045

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 5:40 | 2.4 | 3:34 | 3.0 | 10:23 | 1.9 | 11:11 | -0.1 | 6:41 | 8:43 | |
| 2 | Sun | 6:05 | 2.4 | 4:15 | 2.8 | 11:04 | 1.8 | 11:43 | 0.1 | 6:41 | 8:43 | |
| 3 | Mon | 6:29 | 2.4 | 5:00 | 2.6 | 11:45 | 1.7 | | | 6:42 | 8:43 | |
| 4 | Tue | 6:54 | 2.4 | 5:51 | 2.4 | 12:12 | 0.4 | 12:31 | 1.6 | 6:42 | 8:43 | |
| 5 | Wed | 7:20 | 2.4 | 6:54 | 2.2 | 12:40 | 0.6 | 1:24 | 1.4 | 6:43 | 8:43 | |
| 6 | Thu | 7:48 | 2.5 | 8:07 | 2.0 | 1:05 | 1.0 | 2:31 | 1.2 | 6:43 | 8:43 | |
| 7 | Fri | 8:19 | 2.5 | 9:36 | 1.9 | 1:25 | 1.3 | 3:46 | 0.9 | 6:44 | 8:42 | |
| 8 | Sat | 8:54 | 2.6 | | | 1:37 | 1.6 | 4:54 | 0.6 | 6:44 | 8:42 | |
| 9 | Sun | 9:35 | 2.7 | | | | | 5:52 | 0.3 | 6:45 | 8:42 | |
| 10 | Mon | 10:24 | 2.8 | | | | | 6:45 | -0.1 | 6:45 | 8:42 | |
| 11 | Tue | 3:21 | 2.4 | 11:22 AM | 3.0 | 6:15 | 2.3 | 7:35 | -0.4 | 6:46 | 8:42 | |
| 12 | Wed | 3:44 | 2.5 | 12:23 | 3.1 | 7:12 | 2.3 | 8:25 | -0.6 | 6:46 | 8:41 | |
| 13 | Thu | 4:10 | 2.6 | 1:22 | 3.3 | 8:05 | 2.2 | 9:13 | -0.7 | 6:47 | 8:41 | |
| 14 | Fri | 4:37 | 2.6 | 2:16 | 3.3 | 8:57 | 2.1 | 9:59 | -0.7 | 6:47 | 8:41 | |
| 15 | Sat | 5:04 | 2.6 | 3:09 | 3.3 | 9:49 | 1.9 | 10:41 | -0.5 | 6:48 | 8:40 | |
| 16 | Sun | 5:30 | 2.6 | 4:02 | 3.2 | 10:41 | 1.6 | 11:21 | -0.2 | 6:48 | 8:40 | |
| 17 | Mon | 5:56 | 2.6 | 4:58 | 2.9 | 11:33 | 1.4 | 11:57 | 0.2 | 6:49 | 8:40 | |
| 18 | Tue | 6:22 | 2.7 | 6:01 | 2.6 | | | 12:27 | 1.1 | 6:49 | 8:39 | |
| 19 | Wed | 6:50 | 2.8 | 7:14 | 2.2 | 12:30 | 0.7 | 1:27 | 0.9 | 6:50 | 8:39 | |
| 20 | Thu | 7:21 | 2.8 | 8:45 | 2.0 | 1:00 | 1.2 | 2:38 | 0.7 | 6:51 | 8:38 | |
| 21 | Fri | 7:56 | 2.9 | | | 1:19 | 1.6 | 3:58 | 0.5 | 6:51 | 8:38 | |
| 22 | Sat | 8:36 | 2.9 | | | | | 5:12 | 0.3 | 6:52 | 8:37 | |
| 23 | Sun | 9:23 | 2.9 | | | | | 6:14 | 0.2 | 6:52 | 8:37 | |
| 24 | Mon | 10:21 | 2.8 | | | | | 7:06 | 0.0 | 6:53 | 8:36 | |
| 25 | Tue | 3:44 | 2.4 | 11:27 AM | 2.9 | 6:27 | 2.2 | 7:52 | 0.0 | 6:53 | 8:36 | |
| 26 | Wed | 3:57 | 2.4 | 12:31 | 2.9 | 7:22 | 2.2 | 8:34 | -0.1 | 6:54 | 8:35 | |
| 27 | Thu | 4:09 | 2.4 | 1:25 | 3.0 | 8:08 | 2.0 | 9:11 | -0.1 | 6:55 | 8:34 | |
| 28 | Fri | 4:21 | 2.4 | 2:10 | 3.0 | 8:50 | 1.9 | 9:45 | -0.1 | 6:55 | 8:34 | |
| 29 | Sat | 4:35 | 2.5 | 2:51 | 3.0 | 9:30 | 1.8 | 10:16 | 0.0 | 6:56 | 8:33 | |
| 30 | Sun | 4:50 | 2.5 | 3:31 | 3.0 | 10:08 | 1.6 | 10:45 | 0.2 | 6:56 | 8:32 | |
| 31 | Mon | 5:06 | 2.5 | 4:11 | 2.9 | 10:45 | 1.4 | 11:12 | 0.4 | 6:57 | 8:32 | |