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# Cape Lookout Bight, NC - Jun 1790

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | 10:14 | 3.6 | 10:34 | 4.1 | 4:09 | 0.2 | 4:11 | 0.5 | 4:57 | 7:17 | |
| 2 | Wed | 11:10 | 3.6 | 11:24 | 3.8 | 4:55 | 0.4 | 5:04 | 0.7 | 4:57 | 7:18 | |
| 3 | Thu | 11:58 | 3.6 | | | 5:40 | 0.5 | 5:58 | 0.9 | 4:57 | 7:18 | |
| 4 | Fri | 12:09 | 3.6 | 12:44 | 3.6 | 6:26 | 0.7 | 7:02 | 1.0 | 4:56 | 7:19 | |
| 5 | Sat | 12:55 | 3.4 | 1:33 | 3.6 | 7:19 | 0.8 | 8:13 | 1.1 | 4:56 | 7:19 | |
| 6 | Sun | 1:45 | 3.2 | 2:25 | 3.6 | 8:11 | 0.8 | 9:05 | 1.0 | 4:56 | 7:20 | |
| 7 | Mon | 2:37 | 3.1 | 3:13 | 3.8 | 8:53 | 0.8 | 9:45 | 0.9 | 4:56 | 7:20 | |
| 8 | Tue | 3:26 | 3.0 | 3:58 | 3.9 | 9:29 | 0.7 | 10:22 | 0.8 | 4:56 | 7:21 | |
| 9 | Wed | 4:13 | 3.0 | 4:42 | 4.0 | 10:04 | 0.6 | 11:03 | 0.8 | 4:56 | 7:21 | |
| 10 | Thu | 4:58 | 3.1 | 5:25 | 4.2 | 10:42 | 0.6 | 11:48 | 0.7 | 4:56 | 7:22 | |
| 11 | Fri | 5:43 | 3.2 | 6:07 | 4.3 | 11:26 | 0.5 | | | 4:56 | 7:22 | |
| 12 | Sat | 6:26 | 3.3 | 6:47 | 4.4 | 12:33 | 0.6 | 12:13 | 0.5 | 4:56 | 7:23 | |
| 13 | Sun | 7:05 | 3.4 | 7:25 | 4.5 | 1:15 | 0.5 | 1:01 | 0.4 | 4:56 | 7:23 | |
| 14 | Mon | 7:45 | 3.5 | 8:05 | 4.5 | 1:54 | 0.3 | 1:46 | 0.3 | 4:56 | 7:23 | |
| 15 | Tue | 8:30 | 3.6 | 8:51 | 4.4 | 2:35 | 0.2 | 2:33 | 0.3 | 4:56 | 7:24 | |
| 16 | Wed | 9:23 | 3.7 | 9:44 | 4.3 | 3:18 | 0.2 | 3:24 | 0.3 | 4:56 | 7:24 | |
| 17 | Thu | 10:22 | 3.9 | 10:41 | 4.2 | 4:04 | 0.1 | 4:19 | 0.3 | 4:56 | 7:24 | |
| 18 | Fri | 11:18 | 4.1 | 11:34 | 4.0 | 4:52 | 0.1 | 5:17 | 0.4 | 4:56 | 7:25 | |
| 19 | Sat | | | 12:11 | 4.3 | 5:42 | 0.0 | 6:20 | 0.4 | 4:56 | 7:25 | |
| 20 | Sun | 12:27 | 3.9 | 1:08 | 4.4 | 6:38 | 0.0 | 7:32 | 0.4 | 4:56 | 7:25 | |
| 21 | Mon | 1:25 | 3.7 | 2:10 | 4.6 | 7:41 | 0.0 | 8:43 | 0.3 | 4:57 | 7:25 | |
| 22 | Tue | 2:29 | 3.7 | 3:11 | 4.7 | 8:42 | -0.1 | 9:41 | 0.2 | 4:57 | 7:26 | |
| 23 | Wed | 3:31 | 3.6 | 4:10 | 4.9 | 9:36 | -0.2 | 10:36 | 0.1 | 4:57 | 7:26 | |
| 24 | Thu | 4:32 | 3.7 | 5:07 | 4.9 | 10:28 | -0.1 | 11:34 | 0.1 | 4:57 | 7:26 | |
| 25 | Fri | 5:31 | 3.7 | 6:02 | 4.9 | 11:24 | -0.1 | | | 4:58 | 7:26 | |
| 26 | Sat | 6:25 | 3.8 | 6:51 | 4.9 | 12:33 | 0.1 | 12:23 | 0.0 | 4:58 | 7:26 | |
| 27 | Sun | 7:13 | 3.8 | 7:35 | 4.7 | 1:25 | 0.0 | 1:18 | 0.1 | 4:58 | 7:26 | |
| 28 | Mon | 7:59 | 3.8 | 8:19 | 4.5 | 2:11 | 0.1 | 2:07 | 0.2 | 4:59 | 7:26 | |
| 29 | Tue | 8:46 | 3.7 | 9:06 | 4.2 | 2:54 | 0.2 | 2:54 | 0.4 | 4:59 | 7:26 | |
| 30 | Wed | 9:39 | 3.6 | 9:57 | 3.9 | 3:36 | 0.3 | 3:42 | 0.6 | 4:59 | 7:26 | |