

Cape Lookout Bight, NC - Nov 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:45	4.0	3:06	3.9	9:11	0.9	9:27	0.7	6:26	5:12	
2	Tue	3:40	4.2	3:58	3.8	9:59	0.8	10:06	0.7	6:27	5:11	
3	Wed	4:26	4.3	4:43	3.8	10:44	0.7	10:42	0.7	6:28	5:10	
4	Thu	5:07	4.5	5:24	3.8	11:27	0.7	11:20	0.6	6:29	5:09	
5	Fri	5:44	4.6	6:01	3.8			12:09	0.6	6:30	5:08	
6	Sat	6:19	4.7	6:36	3.8			12:48	0.6	6:31	5:08	
7	Sun	6:53	4.7	7:09	3.8	12:36	0.6	1:24	0.6	6:32	5:07	
8	Mon	7:27	4.7	7:44	3.7	1:13	0.6	1:59	0.6	6:33	5:06	
9	Tue	8:03	4.6	8:21	3.6	1:48	0.6	2:34	0.6	6:34	5:05	
10	Wed	8:42	4.5	9:04	3.5	2:25	0.7	3:12	0.7	6:35	5:04	
11	Thu	9:27	4.3	9:54	3.5	3:04	0.8	3:53	0.8	6:36	5:04	
12	Fri	10:17	4.2	10:47	3.5	3:49	0.9	4:37	0.8	6:37	5:03	
13	Sat	11:07	4.1	11:38	3.7	4:39	0.9	5:24	0.8	6:38	5:02	
14	Sun	11:57	4.0			5:37	1.0	6:18	0.8	6:39	5:02	
15	Mon	12:32	3.8	12:51	3.9	6:44	1.0	7:17	0.7	6:40	5:01	
16	Tue	1:31	4.1	1:52	3.9	7:56	0.8	8:16	0.4	6:41	5:00	
17	Wed	2:33	4.4	2:54	4.0	8:59	0.5	9:08	0.2	6:42	5:00	
18	Thu	3:32	4.8	3:53	4.1	9:54	0.3	9:57	-0.1	6:43	4:59	
19	Fri	4:27	5.2	4:49	4.2	10:48	0.1	10:48	-0.3	6:44	4:59	
20	Sat	5:21	5.4	5:43	4.3	11:45	-0.1	11:43	-0.4	6:45	4:58	
21	Sun	6:13	5.6	6:34	4.4			12:41	-0.2	6:45	4:58	
22	Mon	7:02	5.6	7:24	4.4	12:38	-0.4	1:33	-0.3	6:46	4:57	
23	Tue	7:51	5.5	8:14	4.3	1:32	-0.4	2:23	-0.2	6:47	4:57	
24	Wed	8:43	5.2	9:11	4.1	2:24	-0.3	3:14	-0.1	6:48	4:57	
25	Thu	9:39	4.9	10:13	4.0	3:17	0.0	4:06	0.1	6:49	4:56	
26	Fri	10:37	4.5	11:12	3.9	4:14	0.3	4:59	0.3	6:50	4:56	
27	Sat	11:32	4.2			5:14	0.6	5:54	0.5	6:51	4:56	
28	Sun	12:08	3.9	12:25	3.9	6:20	0.8	6:54	0.6	6:52	4:56	
29	Mon	1:05	3.8	1:20	3.6	7:36	0.9	7:56	0.6	6:53	4:55	
30	Tue	2:06	3.8	2:21	3.4	8:43	0.9	8:47	0.6	6:54	4:55	