

Cape Lookout Bight, NC - Jan 1979

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	8:45	4.8	9:18	4.0	2:27	-0.6	3:13	-0.6	7:13	5:06	
2	Tue	9:44	4.5	10:23	4.0	3:25	-0.4	4:06	-0.6	7:13	5:06	
3	Wed	10:45	4.2	11:23	4.1	4:26	-0.2	5:00	-0.4	7:13	5:07	
4	Thu	11:41	3.9			5:27	0.0	5:54	-0.3	7:13	5:08	
5	Fri	12:19	4.1	12:35	3.6	6:34	0.2	6:53	-0.1	7:13	5:09	
6	Sat	1:16	4.0	1:33	3.3	7:53	0.3	7:58	0.0	7:13	5:10	
7	Sun	2:18	3.9	2:35	3.1	9:01	0.3	8:55	0.1	7:13	5:10	
8	Mon	3:17	3.9	3:34	3.0	9:53	0.3	9:41	0.1	7:13	5:11	
9	Tue	4:09	3.9	4:27	2.9	10:40	0.3	10:22	0.2	7:13	5:12	
10	Wed	4:58	3.9	5:17	2.9	11:29	0.4	11:03	0.3	7:13	5:13	
11	Thu	5:42	3.9	6:01	2.9			12:18	0.4	7:13	5:14	
12	Fri	6:21	3.9	6:39	3.0			12:58	0.3	7:13	5:15	
13	Sat	6:56	3.9	7:13	3.0	12:32	0.3	1:32	0.3	7:13	5:16	
14	Sun	7:30	3.8	7:47	3.0	1:13	0.3	2:02	0.3	7:13	5:17	
15	Mon	8:03	3.7	8:24	3.1	1:50	0.3	2:32	0.3	7:12	5:18	
16	Tue	8:40	3.6	9:05	3.1	2:28	0.4	3:05	0.3	7:12	5:19	
17	Wed	9:21	3.5	9:53	3.1	3:07	0.4	3:40	0.3	7:12	5:20	
18	Thu	10:07	3.3	10:41	3.3	3:50	0.5	4:17	0.3	7:11	5:21	
19	Fri	10:53	3.2	11:27	3.4	4:36	0.5	4:56	0.2	7:11	5:22	
20	Sat	11:38	3.2			5:25	0.5	5:39	0.2	7:11	5:23	
21	Sun	12:12	3.6	12:23	3.1	6:20	0.6	6:29	0.2	7:10	5:24	
22	Mon	1:03	3.7	1:17	3.0	7:26	0.5	7:29	0.0	7:10	5:25	
23	Tue	2:01	3.9	2:19	3.1	8:32	0.3	8:31	-0.1	7:09	5:26	
24	Wed	3:02	4.2	3:21	3.2	9:28	0.1	9:26	-0.4	7:09	5:27	
25	Thu	4:00	4.4	4:21	3.4	10:21	-0.1	10:19	-0.6	7:08	5:28	
26	Fri	4:58	4.6	5:21	3.6	11:17	-0.3	11:18	-0.7	7:08	5:29	
27	Sat	5:55	4.8	6:19	3.9			12:16	-0.5	7:07	5:30	
28	Sun	6:47	4.9	7:12	4.1	12:20	-0.8	1:11	-0.7	7:07	5:31	
29	Mon	7:37	4.8	8:03	4.2	1:20	-0.8	2:02	-0.8	7:06	5:32	
30	Tue	8:28	4.6	8:59	4.2	2:16	-0.8	2:52	-0.8	7:05	5:33	
31	Wed	9:24	4.3	10:00	4.2	3:13	-0.6	3:43	-0.7	7:05	5:34	