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# Cape Lookout Bight, NC - Mar 1987

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | 7:53 | 4.1 | 8:17 | 4.2 | 1:52 | -0.4 | 2:12 | -0.3 | 6:35 | 6:01 | |
| 2 | Mon | 8:38 | 3.8 | 9:05 | 4.2 | 2:41 | -0.2 | 2:53 | -0.2 | 6:34 | 6:02 | |
| 3 | Tue | 9:27 | 3.5 | 9:58 | 4.1 | 3:30 | 0.0 | 3:34 | 0.0 | 6:32 | 6:03 | |
| 4 | Wed | 10:19 | 3.2 | 10:49 | 3.9 | 4:19 | 0.2 | 4:15 | 0.2 | 6:31 | 6:04 | |
| 5 | Thu | 11:08 | 3.0 | 11:37 | 3.8 | 5:07 | 0.5 | 4:57 | 0.4 | 6:30 | 6:05 | |
| 6 | Fri | 11:52 | 2.8 | | | 5:57 | 0.7 | 5:41 | 0.6 | 6:29 | 6:05 | |
| 7 | Sat | 12:23 | 3.6 | 12:37 | 2.6 | 7:00 | 0.9 | 6:33 | 0.8 | 6:27 | 6:06 | |
| 8 | Sun | 1:14 | 3.5 | 1:29 | 2.5 | 8:19 | 1.0 | 7:40 | 0.9 | 6:26 | 6:07 | |
| 9 | Mon | 2:12 | 3.4 | 2:30 | 2.5 | 9:12 | 1.0 | 8:43 | 0.8 | 6:25 | 6:08 | |
| 10 | Tue | 3:10 | 3.4 | 3:26 | 2.6 | 9:50 | 0.9 | 9:29 | 0.7 | 6:23 | 6:09 | |
| 11 | Wed | 4:00 | 3.5 | 4:16 | 2.8 | 10:25 | 0.8 | 10:11 | 0.6 | 6:22 | 6:10 | |
| 12 | Thu | 4:46 | 3.6 | 5:03 | 3.1 | 11:00 | 0.7 | 10:55 | 0.5 | 6:21 | 6:10 | |
| 13 | Fri | 5:29 | 3.6 | 5:46 | 3.3 | 11:37 | 0.6 | 11:44 | 0.4 | 6:19 | 6:11 | |
| 14 | Sat | 6:09 | 3.7 | 6:26 | 3.6 | | | 12:16 | 0.5 | 6:18 | 6:12 | |
| 15 | Sun | 6:46 | 3.7 | 7:02 | 3.9 | 12:33 | 0.3 | 12:53 | 0.3 | 6:16 | 6:13 | |
| 16 | Mon | 7:21 | 3.7 | 7:40 | 4.2 | 1:18 | 0.2 | 1:28 | 0.2 | 6:15 | 6:14 | |
| 17 | Tue | 7:58 | 3.6 | 8:20 | 4.3 | 2:01 | 0.1 | 2:05 | 0.1 | 6:14 | 6:14 | |
| 18 | Wed | 8:39 | 3.5 | 9:08 | 4.4 | 2:46 | 0.1 | 2:45 | 0.0 | 6:12 | 6:15 | |
| 19 | Thu | 9:29 | 3.3 | 10:04 | 4.4 | 3:34 | 0.1 | 3:29 | 0.0 | 6:11 | 6:16 | |
| 20 | Fri | 10:27 | 3.2 | 11:02 | 4.4 | 4:26 | 0.2 | 4:19 | 0.1 | 6:10 | 6:17 | |
| 21 | Sat | 11:23 | 3.2 | 11:59 | 4.4 | 5:21 | 0.4 | 5:14 | 0.1 | 6:08 | 6:18 | |
| 22 | Sun | | | 12:20 | 3.1 | 6:23 | 0.5 | 6:17 | 0.2 | 6:07 | 6:18 | |
| 23 | Mon | 12:59 | 4.3 | 1:24 | 3.2 | 7:39 | 0.5 | 7:35 | 0.3 | 6:05 | 6:19 | |
| 24 | Tue | 2:07 | 4.2 | 2:35 | 3.3 | 8:49 | 0.4 | 8:50 | 0.2 | 6:04 | 6:20 | |
| 25 | Wed | 3:14 | 4.2 | 3:42 | 3.6 | 9:43 | 0.3 | 9:51 | 0.1 | 6:03 | 6:21 | |
| 26 | Thu | 4:15 | 4.2 | 4:42 | 3.9 | 10:32 | 0.1 | 10:49 | 0.0 | 6:01 | 6:22 | |
| 27 | Fri | 5:12 | 4.2 | 5:38 | 4.2 | 11:22 | 0.0 | 11:50 | -0.1 | 6:00 | 6:22 | |
| 28 | Sat | 6:04 | 4.1 | 6:27 | 4.4 | | | 12:12 | 0.0 | 5:58 | 6:23 | |
| 29 | Sun | 6:50 | 4.0 | 7:10 | 4.5 | 12:48 | -0.1 | 12:58 | 0.0 | 5:57 | 6:24 | |
| 30 | Mon | 7:31 | 3.9 | 7:50 | 4.5 | 1:38 | -0.1 | 1:39 | 0.1 | 5:56 | 6:25 | |
| 31 | Tue | 8:11 | 3.6 | 8:31 | 4.4 | 2:22 | 0.0 | 2:17 | 0.2 | 5:54 | 6:26 | |