

Cape Lookout Bight, NC - Jul 1988

| Date | | High | | | | Low | | | | ☀ | | ☾ |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|------|------|------|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 8:50 | 3.9 | 9:18 | 5.0 | 3:04 | 0.0 | 2:58 | -0.1 | 5:57 | 8:23 | ☉ |
| 2 | Sat | 9:43 | 4.0 | 10:10 | 4.8 | 3:49 | -0.1 | 3:52 | -0.1 | 5:57 | 8:23 | ☉ |
| 3 | Sun | 10:43 | 4.1 | 11:06 | 4.5 | 4:35 | -0.1 | 4:48 | 0.1 | 5:57 | 8:22 | ☾ |
| 4 | Mon | 11:43 | 4.3 | | | 5:24 | -0.1 | 5:48 | 0.3 | 5:58 | 8:22 | ☾ |
| 5 | Tue | 12:01 | 4.2 | 12:39 | 4.4 | 6:13 | 0.0 | 6:52 | 0.5 | 5:58 | 8:22 | ☾ |
| 6 | Wed | 12:54 | 3.9 | 1:35 | 4.5 | 7:06 | 0.1 | 8:03 | 0.6 | 5:59 | 8:22 | ☾ |
| 7 | Thu | 1:48 | 3.6 | 2:35 | 4.5 | 8:06 | 0.2 | 9:18 | 0.7 | 5:59 | 8:22 | ☾ |
| 8 | Fri | 2:50 | 3.4 | 3:39 | 4.5 | 9:08 | 0.3 | 10:20 | 0.6 | 6:00 | 8:21 | ☾ |
| 9 | Sat | 3:55 | 3.2 | 4:40 | 4.5 | 10:04 | 0.3 | 11:14 | 0.6 | 6:01 | 8:21 | ☾ |
| 10 | Sun | 4:56 | 3.2 | 5:36 | 4.5 | 10:54 | 0.3 | | | 6:01 | 8:21 | ☾ |
| 11 | Mon | 5:53 | 3.2 | 6:27 | 4.6 | 12:08 | 0.6 | 11:44 AM | 0.4 | 6:02 | 8:21 | ☾ |
| 12 | Tue | 6:44 | 3.3 | 7:12 | 4.6 | 1:02 | 0.6 | 12:35 | 0.4 | 6:02 | 8:20 | ☾ |
| 13 | Wed | 7:28 | 3.4 | 7:52 | 4.5 | 1:50 | 0.5 | 1:26 | 0.4 | 6:03 | 8:20 | ☾ |
| 14 | Thu | 8:07 | 3.5 | 8:28 | 4.5 | 2:29 | 0.5 | 2:11 | 0.4 | 6:04 | 8:19 | ☾ |
| 15 | Fri | 8:44 | 3.5 | 9:03 | 4.3 | 3:04 | 0.5 | 2:51 | 0.5 | 6:04 | 8:19 | ☾ |
| 16 | Sat | 9:22 | 3.5 | 9:41 | 4.2 | 3:37 | 0.5 | 3:30 | 0.5 | 6:05 | 8:19 | ☾ |
| 17 | Sun | 10:04 | 3.6 | 10:22 | 4.0 | 4:09 | 0.5 | 4:10 | 0.6 | 6:06 | 8:18 | ☾ |
| 18 | Mon | 10:51 | 3.6 | 11:05 | 3.8 | 4:42 | 0.6 | 4:53 | 0.8 | 6:06 | 8:18 | ☾ |
| 19 | Tue | 11:36 | 3.7 | 11:48 | 3.6 | 5:16 | 0.6 | 5:37 | 0.9 | 6:07 | 8:17 | ☾ |
| 20 | Wed | | | 12:20 | 3.8 | 5:52 | 0.7 | 6:26 | 1.0 | 6:08 | 8:16 | ☾ |
| 21 | Thu | 12:29 | 3.4 | 1:03 | 3.9 | 6:31 | 0.8 | 7:21 | 1.2 | 6:08 | 8:16 | ☾ |
| 22 | Fri | 1:11 | 3.2 | 1:51 | 4.0 | 7:16 | 0.8 | 8:27 | 1.2 | 6:09 | 8:15 | ☾ |
| 23 | Sat | 2:00 | 3.1 | 2:48 | 4.1 | 8:12 | 0.8 | 9:33 | 1.1 | 6:10 | 8:15 | ☾ |
| 24 | Sun | 3:00 | 3.0 | 3:49 | 4.2 | 9:13 | 0.7 | 10:27 | 1.0 | 6:10 | 8:14 | ☾ |
| 25 | Mon | 4:03 | 3.0 | 4:48 | 4.5 | 10:08 | 0.5 | 11:18 | 0.8 | 6:11 | 8:13 | ☾ |
| 26 | Tue | 5:03 | 3.2 | 5:44 | 4.7 | 11:00 | 0.3 | | | 6:12 | 8:13 | ☉ |
| 27 | Wed | 6:01 | 3.5 | 6:37 | 5.0 | 12:11 | 0.6 | 11:55 AM | 0.1 | 6:12 | 8:12 | ☉ |
| 28 | Thu | 6:55 | 3.8 | 7:27 | 5.1 | 1:05 | 0.3 | 12:55 | -0.1 | 6:13 | 8:11 | ☉ |
| 29 | Fri | 7:46 | 4.1 | 8:13 | 5.1 | 1:54 | 0.1 | 1:54 | -0.2 | 6:14 | 8:10 | ☉ |
| 30 | Sat | 8:35 | 4.4 | 9:00 | 5.0 | 2:40 | -0.1 | 2:48 | -0.3 | 6:15 | 8:09 | ☉ |
| 31 | Sun | 9:26 | 4.6 | 9:49 | 4.8 | 3:24 | -0.2 | 3:41 | -0.2 | 6:15 | 8:09 | ☉ |