

































## Cape Lookout Bight, NC - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	9:43	4.1	10:18	3.8	3:28	0.2	4:01	0.0	7:13	5:06	
2	Tue	10:34	3.8	11:11	4.0	4:20	0.3	4:45	0.0	7:13	5:07	
3	Wed	11:24	3.6			5:17	0.4	5:33	0.0	7:13	5:07	
4	Thu	12:04	4.1	12:16	3.4	6:22	0.5	6:28	0.0	7:13	5:08	
5	Fri	1:01	4.3	1:15	3.2	7:36	0.5	7:32	0.0	7:13	5:09	
6	Sat	2:06	4.4	2:22	3.1	8:47	0.4	8:36	-0.1	7:13	5:10	
7	Sun	3:12	4.5	3:29	3.1	9:47	0.3	9:34	-0.2	7:13	5:11	
8	Mon	4:14	4.6	4:33	3.3	10:44	0.1	10:30	-0.3	7:13	5:12	
9	Tue	5:12	4.7	5:32	3.4	11:43	0.0	11:29	-0.3	7:13	5:12	
10	Wed	6:06	4.8	6:25	3.6			12:39	-0.1	7:13	5:13	
11	Thu	6:53	4.8	7:13	3.7	12:29	-0.3	1:26	-0.2	7:13	5:14	
12	Fri	7:37	4.6	7:58	3.8	1:22	-0.3	2:09	-0.2	7:13	5:15	
13	Sat	8:20	4.4	8:45	3.7	2:09	-0.2	2:49	-0.2	7:13	5:16	
14	Sun	9:04	4.1	9:35	3.7	2:56	-0.1	3:28	-0.1	7:12	5:17	
15	Mon	9:51	3.8	10:25	3.7	3:42	0.2	4:07	0.1	7:12	5:18	
16	Tue	10:37	3.5	11:11	3.6	4:29	0.4	4:45	0.2	7:12	5:19	
17	Wed	11:21	3.2	11:55	3.6	5:18	0.6	5:25	0.4	7:12	5:20	
18	Thu			12:03	3.0	6:12	0.8	6:10	0.5	7:11	5:21	
19	Fri	12:42	3.5	12:50	2.7	7:20	0.9	7:04	0.6	7:11	5:22	
20	Sat	1:36	3.5	1:45	2.6	8:29	0.9	8:04	0.6	7:11	5:23	
21	Sun	2:36	3.6	2:48	2.6	9:22	0.9	8:57	0.5	7:10	5:24	
22	Mon	3:33	3.7	3:46	2.6	10:08	0.8	9:43	0.4	7:10	5:25	
23	Tue	4:25	3.9	4:38	2.8	10:54	0.6	10:29	0.3	7:09	5:26	
24	Wed	5:12	4.1	5:27	3.0	11:40	0.4	11:18	0.1	7:09	5:27	
25	Thu	5:55	4.2	6:11	3.3			12:24	0.2	7:08	5:28	
26	Fri	6:35	4.4	6:51	3.5	12:09	0.0	1:03	0.0	7:08	5:29	
27	Sat	7:13	4.4	7:32	3.8	12:57	-0.1	1:39	-0.1	7:07	5:30	
28	Sun	7:52	4.3	8:14	4.0	1:42	-0.2	2:15	-0.3	7:06	5:31	
29	Mon	8:33	4.2	9:01	4.1	2:27	-0.3	2:52	-0.4	7:06	5:32	
30	Tue	9:20	4.0	9:54	4.2	3:15	-0.2	3:33	-0.4	7:05	5:33	
31	Wed	10:11	3.7	10:49	4.3	4:06	-0.1	4:17	-0.3	7:04	5:34	