
































Cape Lookout Bight, NC - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:23	3.2	3:09	3.9	8:46	0.7	9:56	1.0	5:56	8:23	
2	Mon	3:20	3.0	4:04	3.9	9:36	0.7	10:43	1.0	5:57	8:23	
3	Tue	4:16	3.0	4:55	4.0	10:20	0.7	11:27	0.9	5:57	8:22	
4	Wed	5:08	3.0	5:42	4.2	11:00	0.7			5:58	8:22	
5	Thu	5:56	3.1	6:26	4.3	12:13	0.8	11:43 AM	0.6	5:58	8:22	
6	Fri	6:41	3.2	7:07	4.4	1:00	0.8	12:29	0.5	5:59	8:22	
7	Sat	7:21	3.3	7:44	4.5	1:42	0.6	1:16	0.5	5:59	8:22	
8	Sun	8:00	3.4	8:20	4.5	2:19	0.5	2:01	0.4	6:00	8:22	
9	Mon	8:37	3.5	8:57	4.5	2:54	0.4	2:42	0.4	6:00	8:21	
10	Tue	9:17	3.7	9:36	4.4	3:27	0.4	3:24	0.4	6:01	8:21	
11	Wed	10:02	3.8	10:20	4.2	4:02	0.3	4:08	0.4	6:01	8:21	
12	Thu	10:53	4.0	11:08	4.0	4:39	0.2	4:57	0.5	6:02	8:20	
13	Fri	11:44	4.2	11:57	3.8	5:19	0.2	5:50	0.6	6:03	8:20	
14	Sat			12:35	4.3	6:03	0.2	6:47	0.7	6:03	8:20	
15	Sun	12:46	3.6	1:28	4.5	6:53	0.2	7:54	0.8	6:04	8:19	
16	Mon	1:39	3.5	2:28	4.6	7:52	0.2	9:08	0.7	6:05	8:19	
17	Tue	2:42	3.4	3:34	4.7	8:58	0.2	10:12	0.6	6:05	8:18	
18	Wed	3:50	3.4	4:39	4.8	10:00	0.1	11:10	0.5	6:06	8:18	
19	Thu	4:56	3.5	5:40	4.9	10:58	0.0			6:07	8:17	
20	Fri	5:59	3.7	6:37	5.0	12:08	0.3	11:57 AM	-0.1	6:07	8:17	
21	Sat	6:57	3.9	7:28	5.1	1:06	0.2	12:59	-0.1	6:08	8:16	
22	Sun	7:48	4.1	8:15	5.0	1:59	0.0	1:57	-0.1	6:09	8:16	
23	Mon	8:36	4.2	8:59	4.8	2:45	0.0	2:49	-0.1	6:09	8:15	
24	Tue	9:23	4.2	9:44	4.5	3:27	0.0	3:38	0.1	6:10	8:14	
25	Wed	10:14	4.2	10:32	4.2	4:08	0.0	4:26	0.3	6:11	8:14	
26	Thu	11:06	4.2	11:21	3.9	4:49	0.2	5:15	0.5	6:11	8:13	
27	Fri	11:55	4.1			5:29	0.4	6:04	0.8	6:12	8:12	
28	Sat	12:07	3.6	12:41	4.0	6:10	0.6	6:57	1.0	6:13	8:11	
29	Sun	12:50	3.3	1:27	3.9	6:55	0.8	8:01	1.2	6:14	8:11	
30	Mon	1:36	3.1	2:19	3.9	7:47	0.9	9:14	1.3	6:14	8:10	
31	Tue	2:29	3.0	3:19	3.9	8:49	1.0	10:10	1.2	6:15	8:09	