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# Cape Lookout Bight, NC - Jul 2001

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | **4:29** | 3.4 | **5:05** | 4.4 | **10:35** | 0.3 | **11:36** | 0.5 | 5:56 | 8:23 | |
| 2 | Mon | **5:24** | 3.3 | **5:56** | 4.4 | **11:18** | 0.4 | | | 5:57 | 8:23 | |
| 3 | Tue | **6:17** | 3.2 | **6:44** | 4.4 | **12:29** | 0.5 | **12:02** | 0.5 | 5:57 | 8:22 | |
| 4 | Wed | **7:04** | 3.2 | **7:26** | 4.4 | **1:22** | 0.6 | **12:49** | 0.5 | 5:58 | 8:22 | |
| 5 | Thu | **7:45** | 3.2 | **8:03** | 4.4 | **2:07** | 0.6 | **1:36** | 0.6 | 5:58 | 8:22 | |
| 6 | Fri | **8:21** | 3.2 | **8:38** | 4.3 | **2:45** | 0.6 | **2:18** | 0.7 | 5:59 | 8:22 | |
| 7 | Sat | **8:57** | 3.2 | **9:14** | 4.1 | **3:18** | 0.6 | **2:57** | 0.7 | 5:59 | 8:22 | |
| 8 | Sun | **9:35** | 3.2 | **9:53** | 4.0 | **3:51** | 0.7 | **3:36** | 0.8 | 6:00 | 8:22 | |
| 9 | Mon | **10:20** | 3.2 | **10:38** | 3.8 | **4:24** | 0.7 | **4:17** | 0.8 | 6:01 | 8:21 | |
| 10 | Tue | **11:11** | 3.3 | **11:25** | 3.7 | **5:00** | 0.7 | **5:01** | 0.9 | 6:01 | 8:21 | |
| 11 | Wed | **11:58** | 3.4 | | | **5:36** | 0.8 | **5:48** | 1.0 | 6:02 | 8:21 | |
| 12 | Thu | **12:09** | 3.6 | **12:41** | 3.6 | **6:13** | 0.8 | **6:36** | 1.0 | 6:02 | 8:20 | |
| 13 | Fri | **12:51** | 3.4 | **1:24** | 3.7 | **6:53** | 0.8 | **7:32** | 1.1 | 6:03 | 8:20 | |
| 14 | Sat | **1:34** | 3.3 | **2:12** | 3.9 | **7:40** | 0.7 | **8:37** | 1.0 | 6:04 | 8:20 | |
| 15 | Sun | **2:24** | 3.3 | **3:06** | 4.1 | **8:36** | 0.6 | **9:39** | 0.9 | 6:04 | 8:19 | |
| 16 | Mon | **3:22** | 3.3 | **4:03** | 4.4 | **9:31** | 0.4 | **10:31** | 0.7 | 6:05 | 8:19 | |
| 17 | Tue | **4:20** | 3.3 | **4:58** | 4.7 | **10:22** | 0.2 | **11:21** | 0.5 | 6:05 | 8:18 | |
| 18 | Wed | **5:17** | 3.5 | **5:54** | 4.9 | **11:11** | 0.1 | | | 6:06 | 8:18 | |
| 19 | Thu | **6:15** | 3.6 | **6:49** | 5.1 | **12:15** | 0.3 | **12:06** | -0.1 | 6:07 | 8:17 | |
| 20 | Fri | **7:11** | 3.9 | **7:42** | 5.3 | **1:14** | 0.1 | **1:07** | -0.2 | 6:07 | 8:17 | |
| 21 | Sat | **8:04** | 4.1 | **8:32** | 5.3 | **2:09** | 0.0 | **2:08** | -0.2 | 6:08 | 8:16 | |
| 22 | Sun | **8:56** | 4.3 | **9:23** | 5.1 | **3:00** | -0.2 | **3:05** | -0.2 | 6:09 | 8:15 | |
| 23 | Mon | **9:52** | 4.4 | **10:19** | 4.8 | **3:50** | -0.2 | **4:02** | -0.1 | 6:10 | 8:15 | |
| 24 | Tue | **10:54** | 4.4 | **11:19** | 4.5 | **4:41** | -0.2 | **5:02** | 0.0 | 6:10 | 8:14 | |
| 25 | Wed | **11:56** | 4.5 | | | **5:33** | -0.1 | **6:03** | 0.3 | 6:11 | 8:13 | |
| 26 | Thu | **12:17** | 4.3 | **12:53** | 4.5 | **6:25** | 0.1 | **7:07** | 0.5 | 6:12 | 8:13 | |
| 27 | Fri | **1:10** | 4.0 | **1:48** | 4.5 | **7:19** | 0.3 | **8:21** | 0.7 | 6:12 | 8:12 | |
| 28 | Sat | **2:05** | 3.7 | **2:47** | 4.4 | **8:21** | 0.4 | **9:35** | 0.7 | 6:13 | 8:11 | |
| 29 | Sun | **3:06** | 3.4 | **3:48** | 4.4 | **9:25** | 0.5 | **10:32** | 0.8 | 6:14 | 8:10 | |
| 30 | Mon | **4:07** | 3.3 | **4:44** | 4.3 | **10:16** | 0.6 | **11:21** | 0.8 | 6:15 | 8:10 | |
| 31 | Tue | **5:03** | 3.2 | **5:36** | 4.3 | **11:00** | 0.7 | | | 6:15 | 8:09 | |