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# Cape Lookout Bight, NC - Aug 2003

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Fri | 9:59 | 4.1 | 10:21 | 4.3 | 3:54 | 0.3 | 4:09 | 0.4 | 6:16 | 8:08 | |
| 2 | Sat | 10:56 | 4.3 | 11:17 | 4.2 | 4:38 | 0.2 | 5:03 | 0.4 | 6:16 | 8:07 | |
| 3 | Sun | 11:54 | 4.5 | | | 5:24 | 0.2 | 6:00 | 0.5 | 6:17 | 8:06 | |
| 4 | Mon | 12:11 | 4.0 | 12:47 | 4.6 | 6:12 | 0.2 | 7:00 | 0.6 | 6:18 | 8:06 | |
| 5 | Tue | 1:03 | 3.8 | 1:42 | 4.7 | 7:04 | 0.3 | 8:10 | 0.7 | 6:19 | 8:05 | |
| 6 | Wed | 1:59 | 3.6 | 2:43 | 4.8 | 8:06 | 0.3 | 9:26 | 0.7 | 6:19 | 8:04 | |
| 7 | Thu | 3:03 | 3.5 | 3:48 | 4.8 | 9:14 | 0.3 | 10:28 | 0.6 | 6:20 | 8:03 | |
| 8 | Fri | 4:09 | 3.5 | 4:50 | 4.9 | 10:15 | 0.3 | 11:22 | 0.6 | 6:21 | 8:02 | |
| 9 | Sat | 5:12 | 3.6 | 5:50 | 4.9 | 11:09 | 0.3 | | | 6:22 | 8:01 | |
| 10 | Sun | 6:12 | 3.7 | 6:46 | 4.9 | 12:18 | 0.6 | 12:05 | 0.3 | 6:22 | 8:00 | |
| 11 | Mon | 7:08 | 3.8 | 7:36 | 4.9 | 1:16 | 0.5 | 1:06 | 0.4 | 6:23 | 7:59 | |
| 12 | Tue | 7:56 | 4.0 | 8:19 | 4.7 | 2:07 | 0.5 | 2:02 | 0.4 | 6:24 | 7:58 | |
| 13 | Wed | 8:39 | 4.0 | 8:59 | 4.5 | 2:50 | 0.5 | 2:51 | 0.5 | 6:25 | 7:56 | |
| 14 | Thu | 9:20 | 4.0 | 9:40 | 4.3 | 3:28 | 0.5 | 3:35 | 0.6 | 6:25 | 7:55 | |
| 15 | Fri | 10:06 | 4.0 | 10:25 | 4.0 | 4:04 | 0.6 | 4:20 | 0.8 | 6:26 | 7:54 | |
| 16 | Sat | 10:55 | 4.0 | 11:14 | 3.7 | 4:40 | 0.8 | 5:05 | 0.9 | 6:27 | 7:53 | |
| 17 | Sun | 11:44 | 4.0 | | | 5:16 | 0.9 | 5:50 | 1.1 | 6:28 | 7:52 | |
| 18 | Mon | 12:00 | 3.5 | 12:28 | 4.0 | 5:53 | 1.0 | 6:36 | 1.3 | 6:28 | 7:51 | |
| 19 | Tue | 12:41 | 3.4 | 1:10 | 4.0 | 6:32 | 1.1 | 7:29 | 1.4 | 6:29 | 7:50 | |
| 20 | Wed | 1:23 | 3.2 | 1:56 | 4.0 | 7:16 | 1.2 | 8:37 | 1.5 | 6:30 | 7:48 | |
| 21 | Thu | 2:09 | 3.1 | 2:49 | 4.0 | 8:11 | 1.3 | 9:40 | 1.5 | 6:31 | 7:47 | |
| 22 | Fri | 3:04 | 3.1 | 3:45 | 4.1 | 9:12 | 1.2 | 10:25 | 1.4 | 6:31 | 7:46 | |
| 23 | Sat | 4:01 | 3.1 | 4:38 | 4.2 | 10:03 | 1.1 | 11:05 | 1.2 | 6:32 | 7:45 | |
| 24 | Sun | 4:54 | 3.3 | 5:27 | 4.4 | 10:48 | 0.9 | 11:46 | 1.1 | 6:33 | 7:43 | |
| 25 | Mon | 5:45 | 3.5 | 6:16 | 4.6 | 11:35 | 0.8 | | | 6:33 | 7:42 | |
| 26 | Tue | 6:35 | 3.8 | 7:02 | 4.7 | 12:32 | 0.9 | 12:26 | 0.6 | 6:34 | 7:41 | |
| 27 | Wed | 7:21 | 4.1 | 7:46 | 4.8 | 1:18 | 0.7 | 1:22 | 0.5 | 6:35 | 7:39 | |
| 28 | Thu | 8:05 | 4.4 | 8:27 | 4.8 | 2:02 | 0.5 | 2:15 | 0.4 | 6:36 | 7:38 | |
| 29 | Fri | 8:49 | 4.7 | 9:11 | 4.7 | 2:44 | 0.4 | 3:05 | 0.3 | 6:36 | 7:37 | |
| 30 | Sat | 9:37 | 4.9 | 10:00 | 4.5 | 3:26 | 0.3 | 3:57 | 0.3 | 6:37 | 7:36 | |
| 31 | Sun | 10:33 | 5.0 | 10:56 | 4.2 | 4:11 | 0.2 | 4:52 | 0.4 | 6:38 | 7:34 | |