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# Cape Lookout Bight, NC - Jan 2005

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | **10:39** | 3.4 | **11:13** | 3.3 | **4:16** | 0.6 | **4:47** | 0.4 | 7:13 | 5:06 | |
| 2 | Sun | **11:24** | 3.3 | **11:58** | 3.5 | **5:07** | 0.7 | **5:26** | 0.4 | 7:13 | 5:07 | |
| 3 | Mon | | | **12:08** | 3.1 | **6:02** | 0.7 | **6:11** | 0.3 | 7:13 | 5:08 | |
| 4 | Tue | **12:46** | 3.8 | **12:58** | 3.0 | **7:08** | 0.6 | **7:06** | 0.2 | 7:13 | 5:09 | |
| 5 | Wed | **1:42** | 4.0 | **1:57** | 2.9 | **8:18** | 0.5 | **8:07** | 0.0 | 7:13 | 5:09 | |
| 6 | Thu | **2:42** | 4.2 | **3:00** | 3.0 | **9:17** | 0.3 | **9:04** | -0.2 | 7:13 | 5:10 | |
| 7 | Fri | **3:42** | 4.5 | **4:01** | 3.0 | **10:10** | 0.1 | **9:57** | -0.4 | 7:13 | 5:11 | |
| 8 | Sat | **4:41** | 4.7 | **5:02** | 3.2 | **11:07** | -0.1 | **10:53** | -0.5 | 7:13 | 5:12 | |
| 9 | Sun | **5:40** | 4.9 | **6:02** | 3.4 | | | **12:08** | -0.2 | 7:13 | 5:13 | |
| 10 | Mon | **6:35** | 5.0 | **6:57** | 3.6 | | | **1:06** | -0.4 | 7:13 | 5:14 | |
| 11 | Tue | **7:26** | 4.9 | **7:49** | 3.7 | **12:59** | -0.6 | **1:58** | -0.5 | 7:13 | 5:15 | |
| 12 | Wed | **8:16** | 4.7 | **8:45** | 3.8 | **1:57** | -0.6 | **2:48** | -0.5 | 7:13 | 5:16 | |
| 13 | Thu | **9:11** | 4.4 | **9:46** | 3.9 | **2:55** | -0.5 | **3:38** | -0.5 | 7:13 | 5:16 | |
| 14 | Fri | **10:10** | 4.1 | **10:48** | 3.9 | **3:54** | -0.3 | **4:27** | -0.4 | 7:12 | 5:17 | |
| 15 | Sat | **11:06** | 3.7 | **11:43** | 3.9 | **4:54** | 0.0 | **5:15** | -0.2 | 7:12 | 5:18 | |
| 16 | Sun | **11:57** | 3.4 | | | **5:55** | 0.2 | **6:04** | 0.0 | 7:12 | 5:19 | |
| 17 | Mon | **12:34** | 3.9 | **12:47** | 3.0 | **7:04** | 0.4 | **6:59** | 0.2 | 7:12 | 5:20 | |
| 18 | Tue | **1:29** | 3.8 | **1:43** | 2.8 | **8:21** | 0.5 | **8:00** | 0.3 | 7:11 | 5:21 | |
| 19 | Wed | **2:27** | 3.7 | **2:42** | 2.6 | **9:19** | 0.5 | **8:53** | 0.4 | 7:11 | 5:22 | |
| 20 | Thu | **3:22** | 3.6 | **3:37** | 2.5 | **10:06** | 0.6 | **9:35** | 0.4 | 7:10 | 5:23 | |
| 21 | Fri | **4:12** | 3.6 | **4:27** | 2.5 | **10:50** | 0.6 | **10:13** | 0.4 | 7:10 | 5:24 | |
| 22 | Sat | **4:59** | 3.7 | **5:15** | 2.5 | **11:37** | 0.6 | **10:53** | 0.4 | 7:10 | 5:25 | |
| 23 | Sun | **5:43** | 3.7 | **5:58** | 2.6 | | | **12:22** | 0.6 | 7:09 | 5:26 | |
| 24 | Mon | **6:21** | 3.8 | **6:35** | 2.7 | | | **12:59** | 0.5 | 7:09 | 5:27 | |
| 25 | Tue | **6:55** | 3.8 | **7:10** | 2.8 | **12:24** | 0.4 | **1:30** | 0.4 | 7:08 | 5:28 | |
| 26 | Wed | **7:28** | 3.8 | **7:44** | 3.0 | **1:07** | 0.4 | **1:58** | 0.4 | 7:07 | 5:29 | |
| 27 | Thu | **8:01** | 3.7 | **8:19** | 3.1 | **1:47** | 0.3 | **2:27** | 0.3 | 7:07 | 5:30 | |
| 28 | Fri | **8:36** | 3.5 | **9:00** | 3.2 | **2:26** | 0.3 | **2:58** | 0.2 | 7:06 | 5:31 | |
| 29 | Sat | **9:17** | 3.4 | **9:48** | 3.4 | **3:08** | 0.3 | **3:32** | 0.2 | 7:05 | 5:32 | |
| 30 | Sun | **10:04** | 3.2 | **10:39** | 3.6 | **3:54** | 0.3 | **4:09** | 0.1 | 7:05 | 5:33 | |
| 31 | Mon | **10:52** | 3.1 | **11:27** | 3.8 | **4:43** | 0.4 | **4:50** | 0.1 | 7:04 | 5:34 | |