



























Cape Lookout Bight, NC - Jun 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun			12:27	3.6	6:17	0.4	6:25	0.7	5:54	8:14	
2	Mon	12:45	4.0	1:21	3.6	7:11	0.6	7:32	0.9	5:53	8:14	
3	Tue	1:36	3.7	2:16	3.6	8:08	0.7	8:48	1.0	5:53	8:15	
4	Wed	2:29	3.4	3:14	3.7	9:03	0.7	9:50	0.9	5:53	8:15	
5	Thu	3:27	3.2	4:06	3.9	9:48	0.7	10:37	0.9	5:53	8:16	
6	Fri	4:20	3.2	4:52	4.0	10:25	0.7	11:20	0.8	5:53	8:16	
7	Sat	5:07	3.1	5:35	4.2	11:01	0.6			5:52	8:17	
8	Sun	5:51	3.1	6:17	4.3	12:03	0.7	11:38 AM	0.6	5:52	8:17	
9	Mon	6:33	3.2	6:56	4.4	12:48	0.7	12:19	0.6	5:52	8:18	
10	Tue	7:13	3.2	7:34	4.5	1:33	0.6	1:03	0.5	5:52	8:18	
11	Wed	7:50	3.2	8:11	4.5	2:13	0.6	1:46	0.5	5:52	8:19	
12	Thu	8:27	3.3	8:49	4.5	2:50	0.5	2:27	0.5	5:52	8:19	
13	Fri	9:06	3.3	9:29	4.4	3:27	0.5	3:08	0.5	5:52	8:20	
14	Sat	9:51	3.3	10:15	4.3	4:04	0.5	3:51	0.5	5:52	8:20	
15	Sun	10:44	3.4	11:05	4.2	4:44	0.5	4:39	0.5	5:52	8:20	
16	Mon	11:38	3.6	11:55	4.0	5:26	0.4	5:33	0.6	5:52	8:21	
17	Tue			12:30	3.8	6:10	0.4	6:31	0.7	5:52	8:21	
18	Wed	12:44	3.9	1:22	4.1	6:58	0.4	7:38	0.7	5:53	8:21	
19	Thu	1:36	3.7	2:19	4.3	7:53	0.3	8:51	0.6	5:53	8:21	
20	Fri	2:34	3.5	3:21	4.6	8:52	0.2	9:56	0.5	5:53	8:22	
21	Sat	3:38	3.5	4:22	4.8	9:48	0.0	10:53	0.3	5:53	8:22	
22	Sun	4:40	3.5	5:21	5.0	10:41	-0.1	11:50	0.2	5:53	8:22	
23	Mon	5:39	3.5	6:18	5.2	11:35	-0.2			5:54	8:22	
24	Tue	6:37	3.6	7:12	5.2	12:49	0.1	12:33	-0.2	5:54	8:22	
25	Wed	7:31	3.7	8:02	5.2	1:47	0.1	1:32	-0.2	5:54	8:23	
26	Thu	8:21	3.8	8:49	5.0	2:38	0.0	2:28	-0.1	5:55	8:23	
27	Fri	9:11	3.8	9:38	4.7	3:25	0.0	3:19	0.0	5:55	8:23	
28	Sat	10:04	3.8	10:29	4.4	4:11	0.1	4:10	0.2	5:55	8:23	
29	Sun	11:02	3.7	11:22	4.1	4:57	0.2	5:03	0.4	5:56	8:23	
30	Mon	11:56	3.7			5:41	0.4	5:56	0.7	5:56	8:23	