

































## Cape Lookout Bight, NC - Aug 2025

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Fri	12:55	3.2	1:31	3.9	6:58	0.9	8:06	1.3	6:16	8:08	
2	Sat	1:40	3.1	2:23	3.8	7:50	1.0	9:17	1.3	6:17	8:07	
3	Sun	2:34	2.9	3:24	3.9	8:51	1.0	10:13	1.2	6:18	8:06	
4	Mon	3:37	2.9	4:22	4.0	9:47	0.9	10:59	1.1	6:19	8:05	
5	Tue	4:36	3.0	5:15	4.2	10:35	0.8	11:44	1.0	6:19	8:04	
6	Wed	5:29	3.1	6:03	4.4	11:21	0.7			6:20	8:03	
7	Thu	6:19	3.4	6:48	4.6	12:31	0.8	12:10	0.5	6:21	8:02	
8	Fri	7:04	3.6	7:28	4.7	1:15	0.6	1:02	0.4	6:21	8:01	
9	Sat	7:45	3.9	8:07	4.7	1:54	0.4	1:51	0.2	6:22	8:00	
10	Sun	8:26	4.2	8:46	4.7	2:31	0.3	2:38	0.1	6:23	7:59	
11	Mon	9:08	4.4	9:28	4.5	3:08	0.1	3:24	0.1	6:24	7:58	
12	Tue	9:56	4.6	10:15	4.3	3:46	0.0	4:12	0.2	6:24	7:57	
13	Wed	10:49	4.7	11:06	4.1	4:26	0.0	5:04	0.3	6:25	7:56	
14	Thu	11:44	4.8	11:59	3.8	5:11	0.1	5:59	0.5	6:26	7:55	
15	Fri			12:39	4.7	6:01	0.2	7:01	0.8	6:27	7:53	
16	Sat	12:53	3.6	1:37	4.7	6:57	0.3	8:15	0.9	6:27	7:52	
17	Sun	1:52	3.4	2:43	4.6	8:05	0.5	9:32	0.9	6:28	7:51	
18	Mon	3:02	3.3	3:55	4.6	9:19	0.5	10:35	0.8	6:29	7:50	
19	Tue	4:15	3.4	5:00	4.6	10:23	0.4	11:30	0.7	6:30	7:49	
20	Wed	5:21	3.6	5:59	4.7	11:21	0.3			6:30	7:47	
21	Thu	6:19	3.8	6:50	4.7	12:24	0.6	12:19	0.3	6:31	7:46	
22	Fri	7:09	4.0	7:33	4.7	1:14	0.4	1:15	0.3	6:32	7:45	
23	Sat	7:51	4.2	8:11	4.6	1:58	0.4	2:04	0.3	6:33	7:44	
24	Sun	8:30	4.3	8:48	4.4	2:34	0.3	2:47	0.3	6:33	7:43	
25	Mon	9:07	4.4	9:24	4.2	3:08	0.4	3:27	0.4	6:34	7:41	
26	Tue	9:46	4.3	10:03	4.0	3:40	0.5	4:06	0.6	6:35	7:40	
27	Wed	10:29	4.3	10:46	3.7	4:13	0.6	4:47	0.8	6:35	7:39	
28	Thu	11:15	4.2	11:30	3.5	4:48	0.7	5:30	1.0	6:36	7:37	
29	Fri			12:01	4.1	5:26	0.9	6:16	1.2	6:37	7:36	
30	Sat	12:15	3.3	12:48	4.0	6:08	1.1	7:11	1.4	6:38	7:35	
31	Sun	12:59	3.1	1:38	3.9	6:58	1.2	8:24	1.5	6:38	7:33	