


































Cape Lookout Bight, NC - Mar 2024

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 4:14 | 4.1 | 4:38 | 3.5 | 10:37 | 0.2 | 10:41 | 0.0 | 6:34 | 6:02 |  |
| 2 | Thu | 5:08 | 4.2 | 5:30 | 3.7 | 11:27 | 0.1 | 11:35 | 0.0 | 6:33 | 6:02 |  |
| 3 | Fri | 5:54 | 4.2 | 6:13 | 3.8 | | | 12:14 | 0.0 | 6:32 | 6:03 |  |
| 4 | Sat | 6:34 | 4.2 | 6:51 | 4.0 | 12:25 | -0.1 | 12:55 | 0.0 | 6:30 | 6:04 |  |
| 5 | Sun | 7:10 | 4.1 | 7:27 | 4.0 | 1:08 | -0.1 | 1:30 | 0.0 | 6:29 | 6:05 |  |
| 6 | Mon | 7:44 | 4.0 | 8:02 | 4.0 | 1:46 | -0.1 | 2:02 | 0.0 | 6:28 | 6:06 |  |
| 7 | Tue | 8:19 | 3.8 | 8:39 | 4.0 | 2:22 | 0.0 | 2:34 | 0.1 | 6:26 | 6:07 |  |
| 8 | Wed | 8:57 | 3.6 | 9:21 | 3.9 | 2:59 | 0.2 | 3:08 | 0.2 | 6:25 | 6:08 |  |
| 9 | Thu | 9:39 | 3.4 | 10:06 | 3.8 | 3:37 | 0.3 | 3:43 | 0.3 | 6:24 | 6:08 |  |
| 10 | Fri | 10:23 | 3.3 | 10:52 | 3.7 | 4:19 | 0.5 | 4:22 | 0.4 | 6:22 | 6:09 |  |
| 11 | Sat | 11:08 | 3.1 | 11:38 | 3.7 | 5:03 | 0.7 | 5:05 | 0.6 | 6:21 | 6:10 |  |
| 12 | Sun | | | 12:54 | 3.0 | 6:54 | 0.8 | 6:55 | 0.7 | 7:20 | 7:11 |  |
| 13 | Mon | 1:27 | 3.6 | 1:45 | 2.9 | 7:56 | 0.9 | 7:57 | 0.7 | 7:18 | 7:12 |  |
| 14 | Tue | 2:23 | 3.6 | 2:46 | 3.0 | 9:05 | 0.9 | 9:05 | 0.6 | 7:17 | 7:13 |  |
| 15 | Wed | 3:26 | 3.7 | 3:50 | 3.2 | 10:00 | 0.7 | 10:03 | 0.4 | 7:16 | 7:13 |  |
| 16 | Thu | 4:25 | 3.9 | 4:48 | 3.5 | 10:47 | 0.4 | 10:55 | 0.2 | 7:14 | 7:14 |  |
| 17 | Fri | 5:19 | 4.1 | 5:42 | 3.8 | 11:33 | 0.2 | 11:48 | -0.1 | 7:13 | 7:15 |  |
| 18 | Sat | 6:10 | 4.3 | 6:33 | 4.3 | | | 12:20 | -0.1 | 7:11 | 7:16 |  |
| 19 | Sun | 6:58 | 4.5 | 7:20 | 4.6 | 12:42 | -0.3 | 1:09 | -0.3 | 7:10 | 7:17 |  |
| 20 | Mon | 7:44 | 4.6 | 8:07 | 4.9 | 1:37 | -0.5 | 1:56 | -0.5 | 7:09 | 7:17 |  |
| 21 | Tue | 8:28 | 4.6 | 8:53 | 5.1 | 2:27 | -0.6 | 2:42 | -0.7 | 7:07 | 7:18 |  |
| 22 | Wed | 9:15 | 4.4 | 9:43 | 5.0 | 3:17 | -0.6 | 3:28 | -0.7 | 7:06 | 7:19 |  |
| 23 | Thu | 10:06 | 4.2 | 10:39 | 4.9 | 4:07 | -0.5 | 4:16 | -0.6 | 7:05 | 7:20 |  |
| 24 | Fri | 11:04 | 4.0 | 11:38 | 4.7 | 5:01 | -0.3 | 5:08 | -0.3 | 7:03 | 7:21 |  |
| 25 | Sat | | | 12:02 | 3.8 | 5:58 | 0.0 | 6:05 | -0.1 | 7:02 | 7:21 |  |
| 26 | Sun | 12:36 | 4.5 | 1:01 | 3.6 | 7:00 | 0.3 | 7:08 | 0.2 | 7:00 | 7:22 |  |
| 27 | Mon | 1:36 | 4.2 | 2:03 | 3.5 | 8:14 | 0.4 | 8:25 | 0.4 | 6:59 | 7:23 |  |
| 28 | Tue | 2:42 | 4.0 | 3:15 | 3.4 | 9:28 | 0.5 | 9:40 | 0.4 | 6:58 | 7:24 |  |
| 29 | Wed | 3:52 | 3.9 | 4:24 | 3.5 | 10:25 | 0.4 | 10:38 | 0.3 | 6:56 | 7:24 |  |
| 30 | Thu | 4:54 | 3.9 | 5:21 | 3.7 | 11:14 | 0.3 | 11:30 | 0.3 | 6:55 | 7:25 |  |
| 31 | Fri | 5:46 | 3.9 | 6:10 | 3.9 | 11:58 | 0.3 | | | 6:53 | 7:26 |  |