

































## Cape Lookout Bight, NC - Jul 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	2:11	3.5	2:59	4.5	8:28	0.2	9:36	0.6	5:57	8:23	
2	Thu	3:14	3.4	4:01	4.7	9:27	0.1	10:35	0.4	5:57	8:23	
3	Fri	4:18	3.4	5:02	4.9	10:23	-0.1	11:31	0.3	5:57	8:23	
4	Sat	5:20	3.5	6:01	5.1	11:17	-0.1			5:58	8:22	
5	Sun	6:20	3.6	6:57	5.2	12:31	0.2	12:15	-0.2	5:58	8:22	
6	Mon	7:16	3.8	7:48	5.2	1:30	0.1	1:16	-0.2	5:59	8:22	
7	Tue	8:07	3.9	8:36	5.1	2:23	0.0	2:14	-0.2	5:59	8:22	
8	Wed	8:57	3.9	9:23	4.8	3:10	0.0	3:06	-0.1	6:00	8:22	
9	Thu	9:49	3.9	10:13	4.5	3:56	0.0	3:58	0.1	6:01	8:21	
10	Fri	10:45	3.9	11:06	4.2	4:41	0.1	4:50	0.3	6:01	8:21	
11	Sat	11:40	3.9	11:55	3.9	5:24	0.3	5:42	0.6	6:02	8:21	
12	Sun			12:29	3.9	6:07	0.4	6:37	0.8	6:02	8:20	
13	Mon	12:40	3.6	1:15	3.9	6:50	0.6	7:37	1.0	6:03	8:20	
14	Tue	1:25	3.3	2:04	3.9	7:38	0.8	8:48	1.1	6:04	8:20	
15	Wed	2:13	3.1	2:58	3.9	8:33	0.8	9:49	1.1	6:04	8:19	
16	Thu	3:10	2.9	3:55	3.9	9:26	0.8	10:37	1.1	6:05	8:19	
17	Fri	4:08	2.9	4:47	4.0	10:11	0.8	11:21	1.0	6:05	8:18	
18	Sat	5:01	2.9	5:36	4.2	10:54	0.7			6:06	8:18	
19	Sun	5:50	3.0	6:22	4.3	12:07	0.9	11:37 AM	0.6	6:07	8:17	
20	Mon	6:37	3.2	7:04	4.5	12:55	0.8	12:25	0.6	6:07	8:17	
21	Tue	7:19	3.3	7:42	4.6	1:38	0.7	1:14	0.5	6:08	8:16	
22	Wed	7:58	3.5	8:19	4.6	2:16	0.5	2:00	0.4	6:09	8:16	
23	Thu	8:36	3.7	8:57	4.6	2:51	0.4	2:43	0.3	6:10	8:15	
24	Fri	9:18	3.8	9:37	4.4	3:25	0.3	3:26	0.3	6:10	8:14	
25	Sat	10:04	4.0	10:22	4.2	4:01	0.2	4:12	0.3	6:11	8:14	
26	Sun	10:55	4.2	11:12	4.0	4:39	0.2	5:03	0.4	6:12	8:13	
27	Mon	11:48	4.4			5:21	0.2	5:57	0.6	6:12	8:12	
28	Tue	12:02	3.8	12:40	4.5	6:06	0.2	6:56	0.7	6:13	8:11	
29	Wed	12:52	3.6	1:35	4.6	6:58	0.3	8:06	0.8	6:14	8:11	
30	Thu	1:47	3.4	2:37	4.6	7:59	0.3	9:21	0.8	6:15	8:10	
31	Fri	2:52	3.3	3:45	4.7	9:07	0.3	10:24	0.7	6:15	8:09	