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# Cape Lookout Bight, NC - Aug 2056

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Tue | | | 12:14 | 3.8 | 5:48 | 0.8 | 6:15 | 1.0 | 6:17 | 8:07 | |
| 2 | Wed | 12:27 | 3.6 | 12:57 | 3.8 | 6:27 | 0.9 | 7:05 | 1.2 | 6:17 | 8:06 | |
| 3 | Thu | 1:09 | 3.4 | 1:41 | 3.8 | 7:08 | 1.0 | 8:05 | 1.3 | 6:18 | 8:05 | |
| 4 | Fri | 1:52 | 3.2 | 2:29 | 3.9 | 7:57 | 1.1 | 9:14 | 1.3 | 6:19 | 8:05 | |
| 5 | Sat | 2:42 | 3.1 | 3:22 | 3.9 | 8:54 | 1.1 | 10:05 | 1.2 | 6:20 | 8:04 | |
| 6 | Sun | 3:37 | 3.1 | 4:14 | 4.0 | 9:45 | 1.0 | 10:45 | 1.1 | 6:20 | 8:03 | |
| 7 | Mon | 4:29 | 3.1 | 5:03 | 4.2 | 10:28 | 0.9 | 11:25 | 1.0 | 6:21 | 8:02 | |
| 8 | Tue | 5:19 | 3.3 | 5:51 | 4.4 | 11:10 | 0.7 | | | 6:22 | 8:01 | |
| 9 | Wed | 6:09 | 3.4 | 6:38 | 4.5 | 12:09 | 0.9 | 11:56 AM | 0.6 | 6:23 | 8:00 | |
| 10 | Thu | 6:57 | 3.7 | 7:22 | 4.7 | 12:56 | 0.8 | 12:48 | 0.5 | 6:23 | 7:58 | |
| 11 | Fri | 7:41 | 3.9 | 8:04 | 4.8 | 1:43 | 0.6 | 1:41 | 0.4 | 6:24 | 7:57 | |
| 12 | Sat | 8:24 | 4.2 | 8:46 | 4.8 | 2:26 | 0.4 | 2:32 | 0.3 | 6:25 | 7:56 | |
| 13 | Sun | 9:09 | 4.4 | 9:31 | 4.7 | 3:07 | 0.3 | 3:21 | 0.2 | 6:26 | 7:55 | |
| 14 | Mon | 10:00 | 4.5 | 10:23 | 4.5 | 3:50 | 0.2 | 4:13 | 0.3 | 6:26 | 7:54 | |
| 15 | Tue | 10:59 | 4.7 | 11:21 | 4.3 | 4:37 | 0.2 | 5:09 | 0.4 | 6:27 | 7:53 | |
| 16 | Wed | 11:57 | 4.8 | | | 5:26 | 0.2 | 6:07 | 0.5 | 6:28 | 7:52 | |
| 17 | Thu | 12:17 | 4.1 | 12:53 | 4.8 | 6:17 | 0.3 | 7:08 | 0.6 | 6:29 | 7:51 | |
| 18 | Fri | 1:11 | 4.0 | 1:49 | 4.8 | 7:14 | 0.4 | 8:21 | 0.8 | 6:29 | 7:49 | |
| 19 | Sat | 2:10 | 3.8 | 2:52 | 4.8 | 8:20 | 0.5 | 9:35 | 0.7 | 6:30 | 7:48 | |
| 20 | Sun | 3:15 | 3.7 | 3:57 | 4.8 | 9:29 | 0.5 | 10:34 | 0.7 | 6:31 | 7:47 | |
| 21 | Mon | 4:20 | 3.7 | 4:58 | 4.8 | 10:28 | 0.4 | 11:27 | 0.6 | 6:32 | 7:46 | |
| 22 | Tue | 5:21 | 3.8 | 5:56 | 4.8 | 11:21 | 0.4 | | | 6:32 | 7:44 | |
| 23 | Wed | 6:19 | 3.9 | 6:49 | 4.8 | 12:21 | 0.6 | 12:16 | 0.5 | 6:33 | 7:43 | |
| 24 | Thu | 7:11 | 4.1 | 7:35 | 4.7 | 1:15 | 0.6 | 1:13 | 0.5 | 6:34 | 7:42 | |
| 25 | Fri | 7:55 | 4.2 | 8:15 | 4.6 | 2:02 | 0.6 | 2:05 | 0.6 | 6:34 | 7:41 | |
| 26 | Sat | 8:34 | 4.2 | 8:53 | 4.5 | 2:41 | 0.6 | 2:49 | 0.6 | 6:35 | 7:39 | |
| 27 | Sun | 9:12 | 4.2 | 9:31 | 4.2 | 3:16 | 0.7 | 3:30 | 0.7 | 6:36 | 7:38 | |
| 28 | Mon | 9:53 | 4.2 | 10:13 | 4.0 | 3:50 | 0.8 | 4:11 | 0.9 | 6:37 | 7:37 | |
| 29 | Tue | 10:40 | 4.1 | 11:00 | 3.8 | 4:25 | 0.9 | 4:53 | 1.0 | 6:37 | 7:35 | |
| 30 | Wed | 11:28 | 4.1 | 11:47 | 3.6 | 5:01 | 1.0 | 5:36 | 1.2 | 6:38 | 7:34 | |
| 31 | Thu | | | 12:14 | 4.1 | 5:39 | 1.1 | 6:21 | 1.3 | 6:39 | 7:33 | |