

































## Cape Lookout Bight, NC - Jan 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:58	4.4	3:17	3.4	9:28	0.2	9:23	-0.3	7:13	5:06	
2	Tue	3:58	4.7	4:17	3.5	10:24	0.0	10:16	-0.4	7:13	5:07	
3	Wed	4:55	5.0	5:16	3.6	11:22	-0.2	11:13	-0.5	7:13	5:08	
4	Thu	5:50	5.1	6:11	3.8			12:21	-0.3	7:13	5:09	
5	Fri	6:41	5.1	7:02	3.8	12:12	-0.6	1:14	-0.4	7:13	5:10	
6	Sat	7:30	5.1	7:51	3.9	1:08	-0.6	2:03	-0.4	7:13	5:10	
7	Sun	8:18	4.8	8:43	3.8	2:01	-0.5	2:50	-0.4	7:13	5:11	
8	Mon	9:09	4.5	9:40	3.7	2:52	-0.3	3:37	-0.2	7:13	5:12	
9	Tue	10:02	4.2	10:37	3.7	3:44	0.0	4:24	-0.1	7:13	5:13	
10	Wed	10:54	3.8	11:29	3.6	4:38	0.2	5:10	0.1	7:13	5:14	
11	Thu	11:42	3.5			5:34	0.5	5:57	0.3	7:13	5:15	
12	Fri	12:18	3.6	12:29	3.2	6:36	0.7	6:50	0.4	7:13	5:16	
13	Sat	1:09	3.6	1:21	3.0	7:49	0.8	7:47	0.5	7:12	5:17	
14	Sun	2:06	3.6	2:19	2.8	8:51	0.8	8:38	0.5	7:12	5:18	
15	Mon	3:02	3.6	3:16	2.8	9:39	0.7	9:21	0.4	7:12	5:19	
16	Tue	3:53	3.8	4:07	2.8	10:23	0.6	10:02	0.4	7:12	5:20	
17	Wed	4:39	3.9	4:55	2.9	11:08	0.5	10:44	0.3	7:11	5:21	
18	Thu	5:23	4.1	5:39	3.0	11:54	0.4	11:29	0.2	7:11	5:21	
19	Fri	6:04	4.2	6:19	3.1			12:36	0.3	7:11	5:22	
20	Sat	6:42	4.3	6:57	3.3	12:16	0.1	1:14	0.2	7:10	5:23	
21	Sun	7:18	4.3	7:35	3.4	12:59	0.0	1:49	0.1	7:10	5:24	
22	Mon	7:55	4.3	8:14	3.5	1:40	0.0	2:24	0.0	7:09	5:25	
23	Tue	8:35	4.2	8:59	3.6	2:21	0.0	3:00	-0.1	7:09	5:26	
24	Wed	9:19	4.0	9:49	3.7	3:05	0.0	3:38	-0.1	7:08	5:27	
25	Thu	10:08	3.9	10:42	3.8	3:54	0.1	4:20	-0.1	7:08	5:28	
26	Fri	10:58	3.7	11:34	4.0	4:47	0.2	5:06	-0.1	7:07	5:29	
27	Sat	11:49	3.5			5:45	0.3	5:57	0.0	7:06	5:30	
28	Sun	12:28	4.1	12:43	3.3	6:53	0.4	6:58	0.0	7:06	5:31	
29	Mon	1:29	4.2	1:47	3.2	8:08	0.4	8:05	-0.1	7:05	5:32	
30	Tue	2:37	4.3	2:57	3.1	9:14	0.2	9:06	-0.2	7:04	5:33	
31	Wed	3:42	4.5	4:02	3.3	10:12	0.1	10:04	-0.3	7:04	5:34	