

































## Southport, NC - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	2:42	4.9	2:56	4.0	9:02	0.4	9:09	-0.2	7:17	5:14	
2	Tue	3:41	5.0	3:56	3.9	10:04	0.4	10:04	-0.1	7:17	5:15	
3	Wed	4:38	5.0	4:54	3.8	11:02	0.4	10:57	0.0	7:17	5:15	
4	Thu	5:33	5.0	5:50	3.8	11:57	0.4	11:49	0.0	7:17	5:16	
5	Fri	6:23	5.0	6:40	3.8			12:47	0.4	7:17	5:17	
6	Sat	7:08	5.0	7:25	3.8	12:37	0.1	1:32	0.4	7:17	5:18	
7	Sun	7:49	4.9	8:06	3.8	1:21	0.2	2:13	0.4	7:17	5:19	
8	Mon	8:28	4.8	8:46	3.8	2:03	0.3	2:51	0.4	7:17	5:19	
9	Tue	9:06	4.7	9:27	3.8	2:44	0.3	3:29	0.4	7:17	5:20	
10	Wed	9:44	4.6	10:10	3.9	3:26	0.4	4:07	0.3	7:17	5:21	
11	Thu	10:24	4.4	10:55	3.9	4:09	0.5	4:44	0.3	7:17	5:22	
12	Fri	11:04	4.2	11:40	4.0	4:54	0.6	5:23	0.4	7:17	5:23	
13	Sat	11:47	4.0			5:41	0.8	6:03	0.4	7:17	5:24	
14	Sun	12:28	4.1	12:32	3.8	6:33	0.9	6:48	0.5	7:17	5:25	
15	Mon	1:20	4.2	1:25	3.6	7:33	1.0	7:40	0.5	7:16	5:26	
16	Tue	2:16	4.3	2:22	3.5	8:37	1.0	8:36	0.5	7:16	5:27	
17	Wed	3:11	4.4	3:20	3.5	9:36	0.9	9:29	0.4	7:16	5:28	
18	Thu	4:05	4.6	4:17	3.5	10:30	0.7	10:20	0.2	7:15	5:29	
19	Fri	4:59	4.8	5:13	3.6	11:22	0.5	11:12	0.0	7:15	5:30	
20	Sat	5:51	5.1	6:08	3.8			12:13	0.3	7:15	5:31	
21	Sun	6:40	5.3	6:58	4.1	12:04	-0.1	1:01	0.1	7:14	5:32	
22	Mon	7:26	5.5	7:46	4.4	12:56	-0.3	1:47	-0.1	7:14	5:33	
23	Tue	8:12	5.5	8:34	4.6	1:47	-0.4	2:33	-0.3	7:13	5:33	
24	Wed	8:58	5.4	9:26	4.8	2:39	-0.4	3:19	-0.5	7:13	5:34	
25	Thu	9:48	5.2	10:21	4.9	3:34	-0.4	4:07	-0.6	7:12	5:35	
26	Fri	10:40	5.0	11:18	5.0	4:29	-0.2	4:56	-0.5	7:12	5:36	
27	Sat	11:34	4.7			5:26	0.0	5:46	-0.4	7:11	5:37	
28	Sun	12:15	5.0	12:30	4.3	6:25	0.2	6:41	-0.3	7:11	5:38	
29	Mon	1:15	4.9	1:30	4.0	7:31	0.4	7:42	-0.1	7:10	5:39	
30	Tue	2:17	4.9	2:34	3.8	8:40	0.6	8:45	0.1	7:09	5:40	
31	Wed	3:18	4.8	3:35	3.7	9:44	0.6	9:45	0.1	7:09	5:41	