JANUARY, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 0342 1548 1000 2142 0714 1659
2 0423 1635 1054 2230 0714 1700	3 0505 1724 1142 2311 0715 1701	4 0548 1800 1224 2354 0715 1702	5 0624 1841 1254 0035 0715 1703	6 new 1814 0700 1918 1330 0111 0715 1703	7 0736 1953 1400 0148 0715 1704	8 0811 2030 1430 0715 1705
9 0848 2106 0223 1511 0715 1706	10 0923 2148 0300 1548 0715 1707	11 1006 2236 0348 1636 0714 1708	12 1047 2317 0436 1717 0714 1709	13 1130 0006 0536 1806 0714 1710	14 first 1334 1223 0106 0630 1853 0714 1711	15 1323 0736 1947 0714 1712
16 0212 1430 0842 2047 0713 1713	17 0317 1536 0947 2142 0713 1714	18 0417 1636 1047 2242 0713 1715	19 0512 1736 1153 2342 0712 1716	20 0612 1836 1247 0036 0712 1717	21 full 0441 0706 1930 1336 0130 0711 1718	22 0753 2017 1424 0711 1719
23 0842 2112 0224 1512 0710 1720	24 0935 2205 0312 1600 0710 1721	25 1024 2300 0412 1654 0709 1722	26 1112 2347 0512 1742 0709 1723	27 1154 0042 0612 1830 0708 1724	28 last 0758 1247 0147 0712 1917 0707 1725	29 1400 0817 2005 0707 1726
30 0254 1505 0924 2100 0706 1727	31 0347 1605 1012 2147 0705 1728			KEY	moon phase time sunrise sunset	1 m NGVD −1 m

Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

J. Rowing Graphics

FEBRUARY, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 0435 1653 2242 1106 0704 1730	2 0517 1735 2330 1154 0704 1731	3 0600 1818 0011 1230 0703 1732	4 0641 1854 0054 1305 0702 1733	5 new 1304 0711 1930 1335 0701 1734
6 0748 2006 0130 1406 0700 1735	7 0823 2041 0206 1441 0659 1736	8 0900 2123 0248 1518 0658 1737	9 0941 2206 0330 1600 0657 1738	10 1023 2253 0418 1648 0656 1739	11 1111 2342 0511 1730 0655 1740	12 first 2321 1200 0612 1823 0654 1741
13 0036 1300 0712 1917 0653 1742	14 0142 1412 0823 2023 0652 1743	15 0253 1523 0930 2123 0651 1744	16 0400 1630 1036 2230 0650 1745	17 0500 1730 1136 2330 0649 1746	18 0600 1823 1236 0030 0648 1747	19 full 1627 0653 1917 1317 0646 1748
20 0742 2006 0123 1406 0645 1749	21 0823 2047 0212 1447 0644 1750	22 0912 2135 0300 1530 0643 1751	23 0954 2224 0347 1612 0641 1752	24 1035 2305 0442 1654 0640 1753	25 1117 2347 0530 1735 0639 1754	26 1200 0630 1824 0638 1755
27 last 0356 0042 1254 0724 1912 0636 1756	28 0147 1412 0824 2012 0635 1757	29 0300 1524 0924 2112 0634 1758				

KEY

moon phase
time

1 m

NGVD

−1 m

sunrise sunset

Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

J. Rowing Graphics

MARCH, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 0400 1617 1018 2206 0632 1759	2 0447 1705 1105 2300 0631 1800	3 0530 1748 1147 2348 0630 1800	4 0611 1824 1230 0628 1801
5 0648 1905 0030 1305 0627 1802	6 new 0519 0724 1941 0111 1336 0626 1803	7 0800 2018 0148 1411 0624 1804	8 0836 2100 0230 1448 0623 1805	9 0918 2141 0311 1530 0621 1806	10 1006 2230 0406 1618 0620 1807	11 1053 2317 0500 1706 0619 1808
12 1142 0017 0553 1800 0617 1809	13 first 0659 1242 0700 1900 0616 1809	14 0123 1400 0812 2012 0614 1810	15 0242 1517 0917 2117 0613 1811	16 0353 1623 1023 2223 0611 1812	17 0453 1723 1123 2330 0610 1813	18 0547 1817 1212 0609 1814
19 0636 1900 0023 1300 0607 1815	20 full 0445 0723 1942 0112 1336 0606 1816	21 0800 2023 0153 1412 0604 1816	22 0842 2105 0242 1447 0603 1817	23 0924 2147 0324 1530 0601 1818	24 1005 2224 0405 1605 0600 1819	25 1042 2305 0454 1647 0558 1820
26 1124 2354 0542 1735 0557 1821	27 1212 0042 0630 1830 0555 1821	28 last 0023 1312 0154 0730 1924 0554 1822	29 1430 0305 0830 2030 0553 1823	30 1535 0400 0924 2130 0551 1824	31 1624 1012 2224 0550 1825	

KEY

moon phase
time

1 m

NGVD

−1 m

sunrise sunset

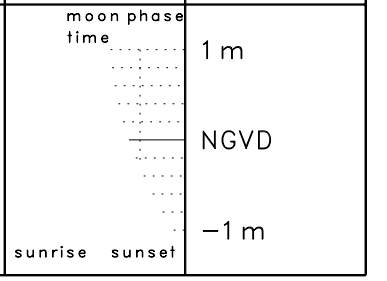
Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

APRIL, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 0448 1706 1100 2312 0548 1826
2 0530 1747 1142 0005 0547 1827	3 0612 1830 1224 0048 0545 1827	4 new 1814 0654 1911 1300 0130 0544 1828	5 0735 1954 1341 0211 0543 1829	6 0818 2036 1418 0300 0541 1830	7 0900 2123 1506 0353 0540 1831	8 0948 2211 1553 0448 0538 1832
9 1041 2306 1648 0548 0537 1832	10 1136 0000 1748 0648 0536 1833	11 first 1331 1236 0106 1853 0800 0534 1834	12 1353 0230 2006 0906 0533 1835	13 1517 0342 2112 1006 0531 1836	14 1617 0442 2217 1100 0530 1837	15 1712 0530 2323 1147 0529 1838
16 1800 0617 1147 0017 0527 1838	17 1842 0700 1230 0106 0526 1839	18 full 1742 1923 0742 1306 0142 0525 1840	19 2000 0817 1342 0217 0524 1841	20 2036 0853 1417 0300 0522 1842	21 2112 0935 1447 0336 0521 1843	22 2147 1017 1530 0424 0520 1843
23 2230 1054 1612 0505 0519 1844	24 2312 1142 1700 0554 0517 1845	25 0000 1230 1747 0642 0516 1846	26 last 1932 0054 1335 1842 0735 0515 1847	27 0205 1447 1947 0830 0514 1848	28 0305 1542 2047 0924 0513 1849	29 2147 1005 2242 0510 0512 1849
30 0400 1630 1005 2242 0510 1850						

KEY



Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

J. Rowing Graphics

MAY, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 0448 1712 1053 2336 0509 1851	2 0530 1800 1142 0024 0508 1852	3 0617 1841 1224 0111 0507 1853	4 new 0413 0705 1930 1311 0200 0506 1854	5 0754 2011 1354 0248 0505 1855	6 0841 2106 1441 0336 0504 1855
7 0936 2200 1536 0503 0503 1856	8 1030 2253 1636 0436 0502 1857	9 1130 2348 1736 0536 0501 1858	10 first 2001 1230 0053 1841 0641 0500 1859	11 1353 0212 2000 0741 0459 1900	12 1512 0323 2106 0842 0459 1900	13 1606 0417 2212 0942 0458 1901
14 1653 0512 2312 1030 0457 1902	15 1736 0553 0006 1117 0456 1903	16 1817 0642 0047 1200 0455 1904	17 1900 0717 0130 1236 0455 1905	18 full 0735 1930 0753 0200 1312 0454 1905	19 2006 0830 0236 1347 0453 1906	20 2042 0912 0312 1417 0453 1907
21 2123 0947 0353 1453 0452 1908	22 2205 1030 0435 1542 0451 1908	23 2242 1112 0524 1624 0451 1909	24 2330 1200 0605 1717 0450 1910	25 0012 1254 0654 1812 0450 1911	26 last 1157 0105 1354 0742 1905 0449 1911	27 2012 0212 0835 1454 0449 1912
28 2105 0924 0312 1547 0448 1913	29 2205 1012 0405 1635 0448 1913	30 2300 1100 0454 1724 0448 1914	31 0000 0447 1915			

KEY

moon phase
time

1 m

NGVD

−1 m

sunrise sunset

Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

J. Rowing Graphics

JUNE, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 0000 0548 1153 1817 0447 1915	2 new 1215 0053 0642 1242 1905 0447 1916	3 0142 0735 1335 1954 0446 1916
4 0230 0830 1424 2048 0446 1917	5 0324 0924 1518 2141 0446 1918	6 0424 1023 1623 2241 0446 1918	7 0523 1118 1730 2336 0445 1919	8 0623 1223 1836 0036 0445 1919	9 first 0330 0718 1336 1948 0148 0445 1920	10 0811 1448 2053 0445 1920
11 0253 0906 1541 2153 0445 1921	12 0353 0953 1630 2253 0445 1921	13 0442 1036 1712 2347 0445 1921	14 0530 1123 1753 0030 0445 1922	15 0617 1206 1830 0112 0445 1922	16 full 2228 0653 1242 1906 0142 0445 1922	17 0730 1317 1942 0445 1923
18 0212 0806 1353 2017 0446 1923	19 0247 0847 1436 2100 0446 1923	20 0323 0923 1512 2136 0446 1924	21 0406 1006 1600 2217 0446 1924	22 0447 1047 1647 2300 0446 1924	23 0530 1130 1742 2342 0447 1924	24 0617 1217 1835 0447 1924
25 last 0101 0030 0700 1312 1935 0447 1924	26 0124 0747 1412 2035 0448 1924	27 0230 0842 1512 2135 0448 1924	28 0330 0935 1605 2235 0448 1924	29 0424 1030 1700 2335 0449 1924	30 0524 1124 1754 0449 1924	

KEY

moon phase
time

1 m

NGVD

−1 m

sunrise sunset

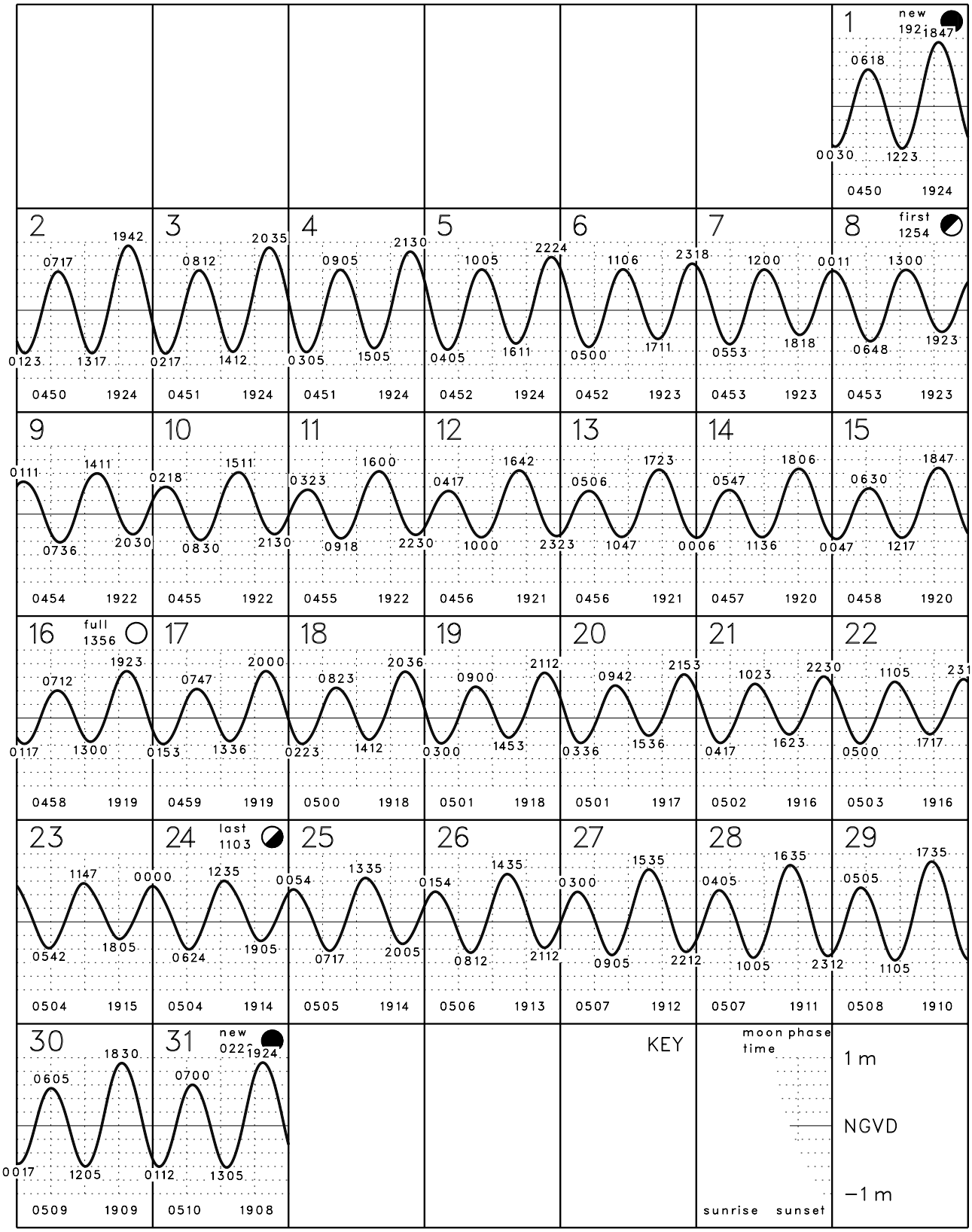
Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

J. Rowing Graphics

JULY, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 new 1921
2	3	4	5	6	7	8 first 1254
9	10	11	12	13	14	15
16 full 1356	17	18	19	20	21	22
23	24 last 1103	25	26	27	28	29
30	31 new 0221					



Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

J. Rowing Graphics

AUGUST, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 0200 0754 1400 2017 0511 1908	2 0247 0847 1454 2112 0511 1907	3 0335 0947 1547 2200 0512 1906	4 0430 1035 1654 2254 0513 1905	5 0518 1130 1754 2341 0514 1904
6 0605 1223 1853 0030 0514 1903	7 first 0102 0653 1323 2000 0515 1902	8 0748 0136 2100 1430 0516 1900	9 0836 0248 2153 1523 0517 1859	10 0930 0348 2248 1611 0518 1858	11 1018 0436 2336 1700 0518 1857	12 1106 0523 1742 0519 1856
13 0017 0606 1200 1823 0520 1855	14 0053 0647 1242 1900 0521 1854	15 full 0514 0123 0723 1317 1936 0522 1852	16 0153 0800 1353 2012 0523 1851	17 0223 0836 1436 2047 0523 1850	18 0300 0912 1517 2123 0524 1849	19 0342 0953 1606 2206 0525 1847
20 0423 1036 1653 2247 0526 1846	21 0506 1117 1747 2336 0526 1845	22 last 1852 0553 1205 1847 0030 0527 1843	23 0647 1305 1947 0130 0528 1842	24 0747 1412 2054 0242 0529 1841	25 0847 1517 2154 0347 0530 1839	26 0954 1624 2300 0530 1838
27 1054 0454 1724 0000 0531 1837	28 0554 1200 1817 0047 0532 1835	29 new 1020 0647 1254 1912 0135 0533 1834	30 0742 1347 2000 0217 0534 1833	31 0830 1435 2047 0534 1831		
				KEY	moon phase time 1 m NGVD −1 m sunrise sunset	

Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

SEPTEMBER, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 0305 0918 1530 2136 0535 1830	2 0347 1005 1624 2224 0536 1828
3 0435 1054 1724 2305 0537 1827	4 0524 1141 1818 2354 0537 1825	5 first 1628 0605 1230 1918 0538 1824	6 0048 0700 1330 2018 0539 1823	7 0200 0800 1441 2111 0540 1821	8 0311 0853 1541 2206 0541 1820	9 0406 0948 1630 2253 0541 1818
10 0448 1041 1711 2336 0542 1817	11 0536 1130 1753 0543 1815	12 0012 0617 1217 1830 0544 1814	13 full 1939 0047 0653 1253 1906 0544 1812	14 0117 0723 1336 1942 0545 1811	15 0153 0806 1412 2017 0546 1809	16 0230 0842 1453 2100 0547 1808
17 0306 0923 1542 2142 0548 1806	18 0347 1006 1636 2230 0548 1805	19 0436 1053 1730 2317 0549 1803	20 0530 1147 1830 0012 0550 1802	21 last 0130 0630 1247 1936 0117 0551 1800	22 0730 1354 2042 0235 0551 1759	23 0842 1512 2142 0552 1757
24 0347 0942 1612 2242 0553 1756	25 0447 1047 1712 2335 0554 1754	26 0542 1147 1805 0030 0555 1753	27 new 1954 0635 1247 1854 0112 0555 1751	28 0717 1335 1935 0147 0556 1750	29 0805 1417 2024 0230 0557 1748	30 0847 1505 2105 0558 1747
				KEY	moon phase time 1 m NGVD −1 m sunrise sunset	

Estimated tides for FRF pier, Duck, NC

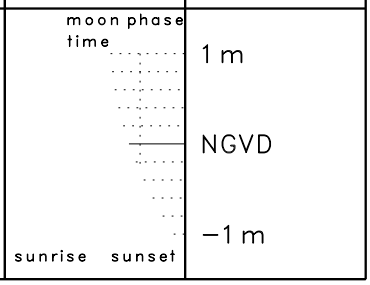
Eastern Standard Time (add 1 hour for EDT)

J. Rowing Graphics

OCTOBER, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 0930 2147 0305 1553 0559 1745	2 1012 2235 0347 1647 0600 1744	3 1054 2318 0435 1735 0600 1743	4 1141 0005 0524 1830 0601 1741	5 first 1100 1235 0105 0618 1930 0602 1740	6 1341 0230 0711 2023 0603 1738	7 1453 0818 2118 0604 1737
8 1548 0330 0918 2200 0605 1736	9 1630 0418 1006 2241 0605 1734	10 1711 0500 1100 2323 0606 1733	11 1753 0536 1148 0006 0607 1731	12 1830 0617 1230 0042 0608 1730	13 full 0855 0653 1912 1312 0117 0609 1729	14 0736 1953 1353 0610 1727
15 0812 2036 0153 1436 0611 1726	16 0900 2117 0236 1523 0612 1725	17 0947 2212 0323 1617 0612 1723	18 1036 2306 0412 1717 0613 1722	19 1130 0000 0512 1817 0614 1721	20 last 0801 1230 0112 0617 1923 0615 1720	21 1342 0723 2030 0616 1718
22 1500 0236 0835 2130 0617 1717	23 1600 0342 0942 2224 0618 1716	24 0442 1654 1047 2312 0619 1715	25 0530 1747 1142 0000 0620 1714	26 0617 1835 1235 0042 0621 1713	27 new 0758 0700 1917 1324 0117 0622 1711	28 0735 1954 1400 0623 1710
29 0817 2035 0154 1442 0624 1709	30 0854 2117 0230 1524 0625 1708	31 0935 2200 0312 1612 0626 1707				

KEY



Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

NOVEMBER, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1018 2247 0354 1700 0627 1706	2 1105 2330 0442 1747 0628 1705	3 1154 0024 0535 1835 0629 1704	4 first 0727 1241 0630 1930 0630 1703
5 1348 0130 0735 2024 0631 1702	6 1453 0241 0836 2111 0632 1701	7 1541 0336 0930 2153 0633 1701	8 1630 0418 1023 2236 0634 1700	9 1711 0500 1111 2318 0635 1659	10 1753 0541 1206 0006 0636 1658	11 full 2117 1842 0623 1248 0637 1657
12 1930 0706 1336 0047 1657 0638 1657	13 2012 0747 1417 0130 1656 0639 1656	14 2106 0836 1512 0212 1655 0640 1655	15 2200 0930 1606 0300 1655 0641 1655	16 2253 1023 1706 0400 1654 0642 1654	17 2353 1117 1806 0500 1653 0643 1653	18 last 1527 1217 0606 1912 0644 1653
19 1330 0106 0717 2012 0645 1652	20 1442 0230 0830 2106 0646 1652	21 1547 0336 0936 2200 0647 1651	22 1635 0430 1042 2247 0648 1651	23 1730 0517 1135 2335 0649 1650	24 1812 0600 1230 0017 0650 1650	25 new 2312 1854 0635 1312 0651 1650
26 1935 0717 1347 0054 1649 0652 1649	27 2012 0754 1424 0130 1649 0653 1649	28 2054 0830 1500 0205 1649 0653 1649	29 2130 0905 1542 0242 1649 0654 1649	30 2217 0947 1624 0317 1649 0655 1649		
				KEY	moon phase time sunrise sunset	1 m NGVD −1 m

Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

DECEMBER, 2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1030 2300 0405 1706 0656 1648	2 1112 2347 0500 1754 0657 1648
3 1200 0035 0554 1841 0658 1648	4 first 0356 1248 0648 1930 0659 1648	5 0141 1348 0754 2018 0700 1648	6 0241 1448 0853 2106 0701 1648	7 0336 1541 0948 2153 0701 1648	8 0418 1636 1041 2241 0702 1648	9 0506 1723 1136 2330 0703 1648
10 0553 1818 1230 0018 0704 1649	11 full 0905 0641 1906 1318 0106 0705 1649	12 0730 1953 1406 0153 0705 1649	13 0817 2047 1453 0247 0706 1649	14 0912 2142 1547 0347 0707 1650	15 1006 2242 1647 0447 0707 1650	16 1106 2347 1747 0708 1650
17 1200 0053 0553 1847 0709 1651	18 last 0044 1306 0706 1942 0709 1651	19 0212 1417 0817 2042 0710 1652	20 0317 1523 0923 2130 0710 1652	21 0412 1617 1030 2217 0711 1652	22 0453 1712 1124 2305 0711 1653	23 0542 1800 1212 2354 0712 1654
24 0617 1835 1254 0030 0712 1654	25 new 1723 0700 1917 1330 0112 0712 1655	26 0735 1954 1400 0142 0713 1655	27 0805 2030 1435 0217 0713 1656	28 0847 2105 1512 0254 0713 1657	29 0924 2147 1547 0342 0714 1658	30 1000 2230 1630 0714 1658
31 1042 2312 0424 1712 0714 1659				KEY	moon phase time sunrise sunset	1 m NGVD −1 m

Estimated tides for FRF pier, Duck, NC

Eastern Standard Time (add 1 hour for EDT)

J. Rowing Graphics