

Adak Island, AK - Mar 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	7:41	4.4					5:08	-0.6	8:31	7:26	
2	Mon	8:30	4.7					5:57	-0.9	8:29	7:27	
3	Tue	9:25	4.7					6:46	-0.9	8:27	7:29	
4	Wed	10:26	4.7					7:36	-0.9	8:24	7:31	
5	Thu	11:33	4.4					8:25	-0.6	8:22	7:33	
6	Fri			12:49	3.9			9:12	-0.2	8:20	7:35	
7	Sat	4:56	2.7	2:20	3.3	8:44	2.4	9:58	0.4	8:18	7:36	
8	Sun	4:59	2.8	4:07	2.9	10:26	1.7	10:44	1.0	8:16	7:38	
9	Mon	5:15	3.0	6:08	2.6	11:48	1.0	11:31	1.7	8:13	7:40	
10	Tue	5:38	3.3	8:16	2.7			12:56	0.4	8:11	7:42	
11	Wed	6:06	3.5	10:07	3.0	12:20	2.3	1:55	-0.1	8:09	7:43	
12	Thu	6:38	3.7	11:35	3.2	1:14	2.8	2:49	-0.4	8:06	7:45	
13	Fri	7:13	3.8			2:10	3.1	3:41	-0.5	8:04	7:47	
14	Sat	12:48	3.4	7:50 AM	3.8	3:04	3.3	4:32	-0.5	8:02	7:49	
15	Sun	8:29	3.8					5:22	-0.4	8:00	7:50	
16	Mon	9:09	3.7					6:10	-0.3	7:57	7:52	
17	Tue	9:49	3.6					6:55	-0.1	7:55	7:54	
18	Wed	10:30	3.4					7:37	0.1	7:53	7:55	
19	Thu	11:14	3.2					8:13	0.4	7:50	7:57	
20	Fri			12:09	2.9			8:46	0.7	7:48	7:59	
21	Sat	5:25	2.5	1:29	2.6	8:54	2.3	9:14	1.1	7:46	8:01	
22	Sun	4:41	2.4	3:21	2.3	10:15	1.9	9:40	1.5	7:43	8:02	
23	Mon	4:13	2.4	5:44	2.2	11:11	1.4	10:02	2.0	7:41	8:04	
24	Tue	4:00	2.6			11:56	0.9			7:39	8:06	
25	Wed	3:55	2.9					12:37	0.5	7:37	8:07	
26	Thu	3:59	3.3					1:19	0.0	7:34	8:09	
27	Fri	4:19	3.6					2:03	-0.4	7:32	8:11	
28	Sat	4:59	3.9					2:50	-0.7	7:30	8:13	
29	Sun	5:54	4.1					3:39	-0.9	7:27	8:14	
30	Mon	6:58	4.2					4:29	-1.0	7:25	8:16	
31	Tue	8:06	4.1					5:18	-0.9	7:23	8:18	