

Adak Island, AK - Jul 1970

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	12:24	4.4			10:05	-1.2			5:31	10:09	
2	Thu	12:34	4.4			10:49	-1.2			5:32	10:08	
3	Fri	12:39	4.3			11:32	-1.1			5:33	10:08	
4	Sat	12:41	4.2					12:13	-1.0	5:33	10:07	
5	Sun	12:33	4.0					12:50	-0.8	5:34	10:07	
6	Mon	12:00	3.8	11:36	3.6			1:23	-0.6	5:35	10:06	
7	Tue			11:23	3.3			1:54	-0.3	5:36	10:06	
8	Wed			11:07	3.2			2:20	0.0	5:37	10:05	
9	Thu			10:49	3.1			2:41	0.5	5:38	10:04	
10	Fri	8:36	1.7	10:35	3.2	6:35	1.7	2:52	1.0	5:39	10:04	
11	Sat	11:53	1.6	10:27	3.4	6:33	1.2	2:21	1.5	5:40	10:03	
12	Sun			10:25	3.7	6:53	0.6			5:41	10:02	
13	Mon			10:31	4.1	7:21	0.1			5:42	10:01	
14	Tue			10:49	4.5	7:54	-0.4			5:44	10:00	
15	Wed			11:20	4.8	8:33	-0.8			5:45	9:59	
16	Thu					9:16	-1.2			5:46	9:58	
17	Fri	12:01	5.0			10:03	-1.4			5:47	9:57	
18	Sat	12:51	5.0			10:52	-1.5			5:49	9:56	
19	Sun	1:48	4.8			11:40	-1.5			5:50	9:55	
20	Mon	2:55	4.4					12:26	-1.2	5:51	9:53	
21	Tue	4:16	3.7	9:26	3.2			1:10	-0.8	5:53	9:52	
22	Wed	5:57	3.0	9:23	3.3	1:52	2.6	1:51	-0.2	5:54	9:51	
23	Thu	7:53	2.4	9:35	3.5	3:21	1.8	2:28	0.5	5:55	9:50	
24	Fri	10:03	2.1	9:54	3.8	4:29	0.9	3:02	1.3	5:57	9:48	
25	Sat			12:35	2.1	5:28	0.2	3:25	2.0	5:58	9:47	
26	Sun			10:43	4.2	6:23	-0.4			6:00	9:45	
27	Mon			11:10	4.3	7:14	-0.8			6:01	9:44	
28	Tue			11:36	4.3	8:05	-0.9			6:03	9:42	
29	Wed					8:54	-0.9			6:04	9:41	
30	Thu	12:00	4.3			9:42	-0.9			6:06	9:39	
31	Fri	12:20	4.2			10:27	-0.8			6:07	9:38	