

Adak Island, AK - Jul 1976

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			10:22	3.3			1:47	-0.3	5:32	10:08	
2	Fri			10:12	3.3			2:21	0.1	5:32	10:08	
3	Sat	8:14	2.1	10:17	3.5	4:49	1.9	2:52	0.6	5:33	10:08	
4	Sun	10:18	1.8	10:33	3.8	5:31	1.2	3:19	1.1	5:34	10:07	
5	Mon			12:33	1.8	6:17	0.5	3:36	1.7	5:35	10:07	
6	Tue			11:24	4.3	7:05	-0.1			5:36	10:06	
7	Wed			11:57	4.5	7:54	-0.6			5:37	10:05	
8	Thu					8:44	-0.9			5:38	10:05	
9	Fri	12:35	4.5			9:34	-1.1			5:39	10:04	
10	Sat	1:17	4.4			10:24	-1.1			5:40	10:03	
11	Sun	2:02	4.2			11:14	-1.0			5:41	10:02	
12	Mon	2:51	3.9	9:17	3.3			12:01	-0.8	5:42	10:01	
13	Tue	3:47	3.5	9:23	3.3			12:45	-0.6	5:43	10:00	
14	Wed	4:52	3.0	9:38	3.3	1:42	2.9	1:26	-0.2	5:44	10:00	
15	Thu	6:10	2.6	9:53	3.3	3:08	2.5	2:04	0.2	5:45	9:58	
16	Fri	7:39	2.2	10:08	3.3	4:09	2.0	2:38	0.6	5:47	9:57	
17	Sat	9:20	2.0	10:21	3.3	4:59	1.5	3:07	1.1	5:48	9:56	
18	Sun	11:21	1.9	10:34	3.4	5:42	1.1	3:26	1.6	5:49	9:55	
19	Mon			10:48	3.5	6:22	0.7			5:51	9:54	
20	Tue			11:02	3.6	7:01	0.4			5:52	9:53	
21	Wed			11:16	3.8	7:39	0.1			5:53	9:51	
22	Thu			11:33	3.9	8:17	-0.1			5:55	9:50	
23	Fri			11:53	4.0	8:55	-0.2			5:56	9:49	
24	Sat					9:32	-0.4			5:58	9:47	
25	Sun	12:20	4.0			10:10	-0.5			5:59	9:46	
26	Mon	12:54	4.0			10:48	-0.5			6:00	9:45	
27	Tue	1:38	3.8			11:26	-0.4			6:02	9:43	
28	Wed	2:37	3.5	9:32	2.9			12:04	-0.2	6:03	9:42	
29	Thu	4:05	3.1	8:46	2.9	12:14	2.9	12:42	0.1	6:05	9:40	
30	Fri	5:53	2.6	8:41	3.1	1:54	2.3	1:18	0.4	6:06	9:38	
31	Sat	7:42	2.3	8:53	3.4	3:01	1.7	1:54	0.9	6:08	9:37	