

Adak Island, AK - Jul 1978

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	12:41	3.8			9:11	-0.3			5:31	10:09	
2	Sun	12:57	3.8			9:54	-0.4			5:32	10:08	
3	Mon	1:07	3.8			10:33	-0.5			5:33	10:08	
4	Tue	1:06	3.8			11:10	-0.5			5:34	10:07	
5	Wed	12:53	3.7			11:45	-0.5			5:34	10:07	
6	Thu	12:33	3.7	11:30	3.5			12:18	-0.4	5:35	10:06	
7	Fri			11:05	3.4			12:51	-0.3	5:36	10:06	
8	Sat			10:59	3.3			1:22	-0.2	5:37	10:05	
9	Sun			10:53	3.2			1:52	0.0	5:38	10:04	
10	Mon			10:44	3.2			2:20	0.3	5:39	10:04	
11	Tue			10:37	3.2			2:45	0.7	5:40	10:03	
12	Wed	9:06	1.8	10:37	3.3	6:06	1.7	3:03	1.1	5:41	10:02	
13	Thu	11:16	1.7	10:43	3.5	6:21	1.2	3:07	1.5	5:43	10:01	
14	Fri			10:57	3.8	6:49	0.7			5:44	10:00	
15	Sat			11:19	4.1	7:24	0.2			5:45	9:59	
16	Sun			11:51	4.4	8:04	-0.3			5:46	9:58	
17	Mon					8:48	-0.7			5:47	9:57	
18	Tue	12:31	4.5			9:36	-1.0			5:49	9:56	
19	Wed	1:20	4.5			10:26	-1.1			5:50	9:55	
20	Thu	2:17	4.4			11:17	-1.1			5:51	9:53	
21	Fri	3:24	4.0	8:40	3.2			12:07	-0.9	5:53	9:52	
22	Sat	4:40	3.6	8:51	3.3			12:56	-0.6	5:54	9:51	
23	Sun	6:05	3.1	9:13	3.4	1:35	2.5	1:44	-0.2	5:55	9:50	
24	Mon	7:37	2.7	9:40	3.5	2:59	1.9	2:29	0.3	5:57	9:48	
25	Tue	9:15	2.3	10:10	3.7	4:09	1.3	3:13	0.8	5:58	9:47	
26	Wed	11:02	2.2	10:40	3.7	5:11	0.8	3:54	1.3	6:00	9:45	
27	Thu			12:56	2.2	6:08	0.4	4:30	1.8	6:01	9:44	
28	Fri			2:55	2.3	7:01	0.1	4:55	2.3	6:03	9:42	
29	Sat					7:50	-0.1			6:04	9:41	
30	Sun	12:02	3.8			8:36	-0.2			6:06	9:39	
31	Mon	12:22	3.7			9:20	-0.2			6:07	9:38	