




Adak Island, AK - Jul 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	1:25	4.8			10:54	-1.6			5:31	10:08	
2	Sun	2:00	4.8			11:45	-1.6			5:32	10:08	
3	Mon	2:39	4.6					12:34	-1.5	5:33	10:08	
4	Tue	3:18	4.3					1:21	-1.3	5:34	10:07	
5	Wed	3:54	3.9	11:50	3.6			2:05	-1.0	5:35	10:07	
6	Thu			11:47	3.4			2:44	-0.7	5:36	10:06	
7	Fri			11:49	3.3			3:19	-0.2	5:37	10:05	
8	Sat			11:49	3.2			3:48	0.3	5:38	10:05	
9	Sun	9:54	1.9	11:46	3.2	6:49	1.7	4:10	0.9	5:39	10:04	
10	Mon			12:25	1.7	7:19	1.2	4:17	1.5	5:40	10:03	
11	Tue			11:43	3.5	7:51	0.7			5:41	10:02	
12	Wed			11:44	3.8	8:23	0.2			5:42	10:02	
13	Thu			11:50	4.0	8:57	-0.1			5:43	10:01	
14	Fri					9:33	-0.4			5:44	10:00	
15	Sat	12:04	4.3			10:11	-0.7			5:45	9:59	
16	Sun	12:27	4.5			10:50	-0.9			5:47	9:58	
17	Mon	12:59	4.6			11:31	-1.0			5:48	9:57	
18	Tue	1:38	4.6					12:12	-1.1	5:49	9:55	
19	Wed	2:22	4.4					12:52	-1.1	5:50	9:54	
20	Thu	3:14	4.1					1:30	-0.9	5:52	9:53	
21	Fri	4:22	3.5	10:53	3.1			2:07	-0.5	5:53	9:52	
22	Sat	6:10	2.9	10:27	3.2	3:13	2.8	2:40	0.0	5:55	9:50	
23	Sun	8:24	2.3	10:25	3.4	4:29	1.9	3:10	0.7	5:56	9:49	
24	Mon	10:46	1.9	10:37	3.7	5:26	1.1	3:33	1.4	5:57	9:48	
25	Tue			10:57	4.1	6:19	0.2			5:59	9:46	
26	Wed			11:23	4.4	7:10	-0.4			6:00	9:45	
27	Thu			11:56	4.6	8:02	-0.9			6:02	9:43	
28	Fri					8:54	-1.2			6:03	9:42	
29	Sat	12:33	4.7			9:46	-1.3			6:05	9:40	
30	Sun	1:13	4.6			10:38	-1.2			6:06	9:39	
31	Mon	1:55	4.4			11:28	-1.1			6:08	9:37	