
















## Adak Island, AK - Jan 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	10:57	3.8			1:45	-0.1			9:53	5:46	
2	Tue	10:29	3.7			2:14	0.3			9:53	5:47	
3	Wed	10:18	3.9	9:56	2.1	2:37	0.9	5:35	1.7	9:53	5:48	
4	Thu	10:21	4.1			2:48	1.6	6:12	0.9	9:53	5:50	
5	Fri	10:34	4.5					6:55	0.1	9:52	5:51	
6	Sat	10:54	4.9					7:42	-0.5	9:52	5:52	
7	Sun	11:23	5.2					8:30	-0.9	9:52	5:53	
8	Mon	11:58	5.4					9:21	-1.2	9:51	5:55	
9	Tue			12:39	5.3			10:12	-1.2	9:50	5:56	
10	Wed			1:24	5.1			11:02	-1.1	9:50	5:58	
11	Thu			2:12	4.8			11:51	-0.9	9:49	5:59	
12	Fri			3:04	4.3					9:49	6:00	
13	Sat	10:00	3.9	4:05	3.7	12:36	-0.6	1:46	3.7	9:48	6:02	
14	Sun	9:57	3.8	5:33	3.1	1:17	-0.2	3:30	3.1	9:47	6:04	
15	Mon	10:02	3.7	7:22	2.6	1:54	0.3	4:28	2.4	9:46	6:05	
16	Tue	10:07	3.7	9:26	2.2	2:26	0.9	5:12	1.8	9:45	6:07	
17	Wed	10:12	3.8	11:59	2.2	2:50	1.5	5:51	1.3	9:44	6:08	
18	Thu	10:17	3.9			3:00	2.1	6:28	0.8	9:43	6:10	
19	Fri	10:23	4.0					7:04	0.4	9:42	6:12	
20	Sat	10:30	4.2					7:41	0.1	9:41	6:13	
21	Sun	10:41	4.4					8:19	-0.1	9:40	6:15	
22	Mon	10:57	4.6					8:57	-0.3	9:39	6:17	
23	Tue	11:21	4.7					9:36	-0.4	9:38	6:18	
24	Wed	11:50	4.8					10:15	-0.5	9:36	6:20	
25	Thu			12:24	4.7			10:53	-0.5	9:35	6:22	
26	Fri			1:02	4.5			11:30	-0.4	9:34	6:24	
27	Sat			1:46	4.2					9:32	6:25	
28	Sun			2:45	3.7	12:04	-0.2			9:31	6:27	
29	Mon	9:22	3.3	4:37	3.0	12:37	0.1	1:55	3.0	9:29	6:29	
30	Tue	8:51	3.4	7:03	2.5	1:08	0.7	3:04	2.2	9:28	6:31	
31	Wed	8:48	3.6	9:33	2.3	1:35	1.3	3:56	1.4	9:26	6:33	