































Adak Island, AK - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	7:13	3.7			12:56	2.3	3:10	0.1	8:31	7:26	
2	Fri	7:45	4.0					4:06	-0.4	8:29	7:28	
3	Sat	8:25	4.3					5:02	-0.8	8:26	7:30	
4	Sun	9:13	4.5					5:57	-0.9	8:24	7:31	
5	Mon	10:05	4.5					6:52	-0.9	8:22	7:33	
6	Tue	11:01	4.3					7:45	-0.7	8:20	7:35	
7	Wed	11:57	4.1					8:36	-0.5	8:17	7:37	
8	Thu			12:56	3.7			9:24	-0.1	8:15	7:38	
9	Fri	6:00	2.9	2:01	3.3	8:53	2.8	10:08	0.3	8:13	7:40	
10	Sat	6:11	2.8	3:17	2.9	10:27	2.4	10:50	0.8	8:11	7:42	
11	Sun	6:17	2.7	4:51	2.5	11:47	2.0	11:29	1.3	8:08	7:44	
12	Mon	6:17	2.7	6:44	2.4			12:48	1.5	8:06	7:45	
13	Tue	6:17	2.7	8:48	2.5	12:07	1.8	1:36	1.1	8:04	7:47	
14	Wed	6:19	2.9	10:39	2.7	12:44	2.2	2:17	0.7	8:02	7:49	
15	Thu	6:26	3.0			1:22	2.6	2:57	0.4	7:59	7:51	
16	Fri	6:39	3.2					3:38	0.2	7:57	7:52	
17	Sat	7:00	3.4					4:20	0.0	7:55	7:54	
18	Sun	7:31	3.6					5:03	-0.1	7:52	7:56	
19	Mon	8:10	3.7					5:47	-0.2	7:50	7:57	
20	Tue	8:54	3.8					6:29	-0.2	7:48	7:59	
21	Wed	9:42	3.7					7:10	-0.2	7:45	8:01	
22	Thu	10:35	3.6					7:48	-0.1	7:43	8:03	
23	Fri	11:38	3.4					8:24	0.2	7:41	8:04	
24	Sat	4:50	2.5	12:56	3.1	7:20	2.4	8:59	0.6	7:38	8:06	
25	Sun	4:12	2.4	2:37	2.7	9:02	1.9	9:33	1.1	7:36	8:08	
26	Mon	4:06	2.6	4:40	2.5	10:24	1.3	10:07	1.7	7:34	8:09	
27	Tue	4:16	2.9	7:04	2.5	11:34	0.6	10:41	2.3	7:32	8:11	
28	Wed	4:36	3.3					12:38	-0.1	7:29	8:13	
29	Thu	5:08	3.7					1:37	-0.6	7:27	8:15	
30	Fri	5:50	3.9					2:35	-1.0	7:25	8:16	
31	Sat	6:43	4.1					3:32	-1.2	7:22	8:18	