




















Adak Island, AK - Apr 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	8:42	4.1					5:29	-1.2	7:20	8:20	
2	Mon	2:39	3.5	9:46 AM	4.0	5:03	3.4	6:24	-1.0	7:18	8:21	
3	Tue	3:12	3.4	10:53 AM	3.7	6:14	3.1	7:17	-0.7	7:15	8:23	
4	Wed	3:42	3.2	12:02	3.4	7:25	2.8	8:06	-0.3	7:13	8:25	
5	Thu	4:09	3.0	1:14	3.0	8:36	2.4	8:52	0.2	7:11	8:26	
6	Fri	4:31	2.8	2:35	2.6	9:46	2.0	9:34	0.7	7:09	8:28	
7	Sat	4:45	2.7	4:11	2.3	10:50	1.6	10:11	1.3	7:06	8:30	
8	Sun	4:51	2.7	6:12	2.2	11:46	1.1	10:43	1.8	7:04	8:32	
9	Mon	4:48	2.7	8:38	2.4			12:32	0.7	7:02	8:33	
10	Tue	4:40	2.8					1:12	0.4	7:00	8:35	
11	Wed	4:23	3.0					1:49	0.1	6:57	8:37	
12	Thu	3:52	3.2					2:26	-0.1	6:55	8:38	
13	Fri	1:07	3.4					3:04	-0.3	6:53	8:40	
14	Sat	1:36	3.5					3:45	-0.4	6:51	8:42	
15	Sun	2:14	3.6					4:26	-0.4	6:49	8:43	
16	Mon	2:55	3.6					5:08	-0.5	6:46	8:45	
17	Tue	7:18	3.4					5:48	-0.4	6:44	8:47	
18	Wed	8:34	3.3					6:26	-0.3	6:42	8:48	
19	Thu	3:56	3.0	9:51 AM	3.1	6:34	2.9	7:01	0.0	6:40	8:50	
20	Fri	3:32	2.8	11:18 AM	2.7	7:30	2.5	7:32	0.3	6:38	8:52	
21	Sat	3:09	2.7	1:03	2.4	8:29	1.9	8:00	0.9	6:36	8:54	
22	Sun	2:59	2.7	3:09	2.1	9:27	1.3	8:21	1.5	6:34	8:55	
23	Mon	3:00	3.0	5:47	2.2	10:25	0.5	8:23	2.1	6:32	8:57	
24	Tue	3:11	3.4			11:22	-0.2			6:30	8:59	
25	Wed	3:33	3.8					12:19	-0.8	6:28	9:00	
26	Thu	4:06	4.1					1:16	-1.3	6:26	9:02	
27	Fri	4:51	4.2					2:13	-1.6	6:24	9:04	
28	Sat	5:48	4.2					3:09	-1.6	6:22	9:05	
29	Sun	6:55	4.1					4:03	-1.5	6:20	9:07	
30	Mon	1:15	3.7	8:09 AM	3.8	4:31	3.5	4:56	-1.2	6:18	9:09	