






## Adak Island, AK - Jul 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:19	3.6			8:30	0.2			5:31	10:08	
2	Mon	12:24	3.7			9:10	-0.2			5:32	10:08	
3	Tue	12:27	3.9			9:48	-0.4			5:33	10:08	
4	Wed	12:29	4.0			10:25	-0.6			5:34	10:07	
5	Thu	12:35	4.2			11:02	-0.7			5:34	10:07	
6	Fri	12:52	4.3			11:40	-0.8			5:35	10:06	
7	Sat	1:16	4.3					12:18	-0.8	5:36	10:06	
8	Sun	1:43	4.3					12:54	-0.8	5:37	10:05	
9	Mon	2:08	4.1					1:28	-0.8	5:38	10:04	
10	Tue	2:19	3.8					2:00	-0.6	5:39	10:03	
11	Wed	12:36	3.5	11:45	3.2			2:29	-0.3	5:40	10:03	
12	Thu			11:11	3.2			2:55	0.1	5:42	10:02	
13	Fri			10:56	3.3			3:16	0.6	5:43	10:01	
14	Sat	10:24	1.7	10:55	3.6	6:07	1.4	3:24	1.2	5:44	10:00	
15	Sun			11:05	4.0	6:42	0.6			5:45	9:59	
16	Mon			11:25	4.4	7:24	-0.1			5:46	9:58	
17	Tue			11:54	4.7	8:10	-0.7			5:48	9:57	
18	Wed					8:59	-1.2			5:49	9:56	
19	Thu	12:33	4.9			9:51	-1.4			5:50	9:54	
20	Fri	1:18	5.0			10:43	-1.5			5:51	9:53	
21	Sat	2:09	4.8			11:35	-1.5			5:53	9:52	
22	Sun	3:05	4.5					12:26	-1.3	5:54	9:51	
23	Mon	4:08	4.0	10:29	3.2			1:13	-1.0	5:56	9:49	
24	Tue	5:21	3.4	10:20	3.2	1:11	3.1	1:57	-0.5	5:57	9:48	
25	Wed	6:49	2.8	10:25	3.2	3:08	2.6	2:38	0.0	5:58	9:47	
26	Thu	8:30	2.4	10:34	3.2	4:25	1.9	3:14	0.6	6:00	9:45	
27	Fri	10:25	2.1	10:45	3.3	5:23	1.3	3:45	1.2	6:01	9:44	
28	Sat			12:36	2.0	6:11	0.8	4:08	1.8	6:03	9:42	
29	Sun			11:07	3.6	6:55	0.3			6:04	9:41	
30	Mon			11:18	3.8	7:37	0.0			6:06	9:39	
31	Tue			11:32	3.9	8:18	-0.2			6:07	9:37	