































Adak Island, AK - Dec 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat			12:58	5.2			10:37	-1.3	9:31	5:39	
2	Sun			1:39	5.3			11:30	-1.5	9:33	5:38	
3	Mon			2:29	5.2					9:34	5:38	
4	Tue			3:31	4.9	12:24	-1.6			9:35	5:37	
5	Wed			4:44	4.5	1:16	-1.4			9:37	5:37	
6	Thu	11:07	4.2	6:09	3.9	2:06	-1.1	3:17	3.7	9:38	5:36	
7	Fri	11:15	4.1	7:44	3.2	2:53	-0.7	4:42	3.0	9:39	5:36	
8	Sat	11:29	4.0	9:29	2.6	3:35	-0.1	5:50	2.3	9:40	5:36	
9	Sun	11:45	4.0	11:32	2.3	4:13	0.6	6:48	1.6	9:41	5:36	
10	Mon	11:59	4.0			4:42	1.4	7:38	0.9	9:43	5:35	
11	Tue	2:06	2.2	12:09	4.1	4:54	2.1	8:23	0.4	9:44	5:35	
12	Wed			12:14	4.2			9:04	0.0	9:45	5:35	
13	Thu			12:11	4.3			9:42	-0.2	9:45	5:35	
14	Fri			12:00	4.4			10:19	-0.3	9:46	5:35	
15	Sat	11:51	4.6					10:54	-0.4	9:47	5:35	
16	Sun	11:57	4.7					11:30	-0.4	9:48	5:36	
17	Mon			12:13	4.7					9:49	5:36	
18	Tue			12:27	4.6	12:06	-0.5			9:49	5:36	
19	Wed			12:24	4.5	12:41	-0.4			9:50	5:36	
20	Thu			12:03	4.3	1:15	-0.4			9:51	5:37	
21	Fri	11:48	4.1			1:46	-0.2			9:51	5:37	
22	Sat	11:32	3.9			2:14	0.0			9:52	5:38	
23	Sun	11:11	3.8			2:37	0.4			9:52	5:38	
24	Mon	10:55	3.8	9:35	2.0	2:52	0.9	6:38	1.9	9:52	5:39	
25	Tue	10:48	4.0			2:50	1.5	6:47	1.2	9:53	5:40	
26	Wed	10:50	4.3					7:17	0.4	9:53	5:41	
27	Thu	11:02	4.8					7:56	-0.3	9:53	5:41	
28	Fri	11:25	5.2					8:41	-0.8	9:53	5:42	
29	Sat	11:59	5.5					9:30	-1.2	9:53	5:43	
30	Sun			12:42	5.6			10:21	-1.4	9:53	5:44	
31	Mon			1:32	5.5			11:11	-1.4	9:53	5:45	