




































Adak Island, AK - Mar 1997

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|----------|-----|-------|-----|-------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sat | 8:51 | 3.5 | | | | | 5:15 | 0.4 | 8:30 | 7:26 |  |
| 2 | Sun | 9:18 | 3.8 | | | | | 5:56 | 0.1 | 8:28 | 7:28 |  |
| 3 | Mon | 9:55 | 4.0 | | | | | 6:40 | -0.1 | 8:26 | 7:30 |  |
| 4 | Tue | 10:40 | 4.1 | | | | | 7:25 | -0.3 | 8:23 | 7:32 |  |
| 5 | Wed | 11:34 | 4.1 | | | | | 8:12 | -0.3 | 8:21 | 7:34 |  |
| 6 | Thu | | | 12:35 | 4.0 | | | 9:01 | -0.2 | 8:19 | 7:35 |  |
| 7 | Fri | 5:08 | 2.7 | 1:46 | 3.8 | 7:43 | 2.6 | 9:50 | 0.0 | 8:17 | 7:37 |  |
| 8 | Sat | 5:18 | 2.7 | 3:06 | 3.5 | 9:23 | 2.3 | 10:41 | 0.4 | 8:14 | 7:39 |  |
| 9 | Sun | 5:41 | 2.9 | 4:36 | 3.1 | 10:54 | 1.9 | 11:33 | 0.8 | 8:12 | 7:41 |  |
| 10 | Mon | 6:11 | 3.0 | 6:13 | 2.9 | | | 12:15 | 1.4 | 8:10 | 7:42 |  |
| 11 | Tue | 6:46 | 3.2 | 7:53 | 2.8 | 12:26 | 1.2 | 1:27 | 0.8 | 8:08 | 7:44 |  |
| 12 | Wed | 7:24 | 3.4 | 9:31 | 2.8 | 1:21 | 1.6 | 2:32 | 0.4 | 8:05 | 7:46 |  |
| 13 | Thu | 8:05 | 3.5 | 10:59 | 2.9 | 2:16 | 2.0 | 3:32 | 0.1 | 8:03 | 7:48 |  |
| 14 | Fri | 8:48 | 3.6 | | | 3:13 | 2.3 | 4:28 | -0.1 | 8:01 | 7:49 |  |
| 15 | Sat | 12:16 | 3.0 | 9:31 AM | 3.6 | 4:11 | 2.6 | 5:22 | -0.2 | 7:59 | 7:51 |  |
| 16 | Sun | 1:25 | 3.1 | 10:15 AM | 3.5 | 5:07 | 2.7 | 6:13 | -0.1 | 7:56 | 7:53 |  |
| 17 | Mon | 2:26 | 3.1 | 10:58 AM | 3.4 | 6:01 | 2.8 | 7:02 | 0.0 | 7:54 | 7:55 |  |
| 18 | Tue | 3:23 | 3.0 | 11:41 AM | 3.3 | 6:51 | 2.8 | 7:48 | 0.2 | 7:52 | 7:56 |  |
| 19 | Wed | 4:15 | 2.9 | 12:23 | 3.1 | 7:39 | 2.7 | 8:31 | 0.4 | 7:49 | 7:58 |  |
| 20 | Thu | 4:59 | 2.8 | 1:09 | 2.9 | 8:27 | 2.6 | 9:10 | 0.6 | 7:47 | 8:00 |  |
| 21 | Fri | 5:30 | 2.6 | 2:01 | 2.7 | 9:19 | 2.4 | 9:47 | 0.9 | 7:45 | 8:01 |  |
| 22 | Sat | 5:44 | 2.5 | 3:06 | 2.5 | 10:16 | 2.2 | 10:22 | 1.2 | 7:42 | 8:03 |  |
| 23 | Sun | 5:42 | 2.4 | 4:26 | 2.4 | 11:13 | 1.9 | 10:58 | 1.5 | 7:40 | 8:05 |  |
| 24 | Mon | 5:37 | 2.5 | 5:59 | 2.3 | | | 12:05 | 1.6 | 7:38 | 8:07 |  |
| 25 | Tue | 5:40 | 2.5 | 7:42 | 2.4 | | | 12:51 | 1.3 | 7:35 | 8:08 |  |
| 26 | Wed | 5:50 | 2.7 | 9:24 | 2.5 | 12:12 | 2.1 | 1:33 | 1.0 | 7:33 | 8:10 |  |
| 27 | Thu | 6:04 | 2.8 | 10:54 | 2.7 | 12:51 | 2.3 | 2:14 | 0.6 | 7:31 | 8:12 |  |
| 28 | Fri | 6:24 | 3.0 | | | 1:29 | 2.6 | 2:56 | 0.3 | 7:29 | 8:13 |  |
| 29 | Sat | 6:52 | 3.2 | | | | | 3:38 | 0.1 | 7:26 | 8:15 |  |
| 30 | Sun | 7:31 | 3.4 | | | | | 4:22 | -0.2 | 7:24 | 8:17 |  |

| Date | | High | | | | Low | | | |  | |  |
|-----------|-----|-------------|-----|----|----|-----|----|-------------|------|--|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Mon | 8:20 | 3.5 | | | | | 5:07 | -0.3 | 7:22 | 8:18 |  |