























Adak Island, AK - Jul 2010

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			11:50	3.2			3:27	0.2	5:31	10:08	
2	Fri			11:44	3.2			3:49	0.6	5:32	10:08	
3	Sat	10:11	1.7	11:41	3.3	7:15	1.6	3:59	1.1	5:33	10:08	
4	Sun			11:41	3.5	7:32	1.1			5:34	10:07	
5	Mon			11:43	3.7	7:58	0.6			5:35	10:07	
6	Tue			11:50	4.0	8:28	0.1			5:36	10:06	
7	Wed					9:02	-0.3			5:37	10:05	
8	Thu	12:05	4.3			9:40	-0.7			5:38	10:05	
9	Fri	12:31	4.6			10:21	-1.0			5:39	10:04	
10	Sat	1:08	4.7			11:05	-1.2			5:40	10:03	
11	Sun	1:54	4.7			11:51	-1.3			5:41	10:03	
12	Mon	2:49	4.5					12:36	-1.3	5:42	10:02	
13	Tue	3:54	4.1					1:21	-1.1	5:43	10:01	
14	Wed	5:18	3.6	10:22	3.2			2:04	-0.7	5:44	10:00	
15	Thu	7:01	2.9	10:19	3.3	3:04	2.6	2:45	-0.2	5:45	9:59	
16	Fri	8:54	2.4	10:32	3.6	4:26	1.8	3:23	0.5	5:47	9:58	
17	Sat	10:56	2.1	10:53	3.8	5:32	0.9	3:57	1.2	5:48	9:57	
18	Sun			1:12	2.1	6:30	0.2	4:25	1.8	5:49	9:55	
19	Mon			11:47	4.3	7:25	-0.3			5:50	9:54	
20	Tue					8:18	-0.7			5:52	9:53	
21	Wed	12:17	4.4			9:09	-0.9			5:53	9:52	
22	Thu	12:47	4.4			9:59	-1.0			5:54	9:51	
23	Fri	1:15	4.3			10:47	-0.9			5:56	9:49	
24	Sat	1:41	4.1			11:33	-0.8			5:57	9:48	
25	Sun	2:02	3.9					12:16	-0.6	5:59	9:46	
26	Mon	2:20	3.7					12:54	-0.4	6:00	9:45	
27	Tue	2:27	3.4	11:13	3.1			1:28	-0.1	6:02	9:43	
28	Wed			10:49	3.0			1:58	0.2	6:03	9:42	
29	Thu			10:32	2.9			2:24	0.5	6:05	9:40	
30	Fri	7:20	2.1	10:21	2.9	4:56	2.1	2:48	0.9	6:06	9:39	
31	Sat	9:34	1.9	10:17	3.1	5:18	1.6	3:04	1.4	6:08	9:37	