


















Adak Island, AK - Jul 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	1:32	4.3			11:20	-0.9			5:31	10:09	
2	Tue	2:02	4.5					12:03	-1.2	5:32	10:08	
3	Wed	2:42	4.5					12:48	-1.3	5:33	10:08	
4	Thu	3:33	4.4					1:35	-1.4	5:34	10:07	
5	Fri	4:37	4.1					2:22	-1.3	5:35	10:07	
6	Sat	12:06	3.6	11:46	3.5	2:46	3.5	3:07	-1.0	5:35	10:06	
7	Sun	7:35	3.1	11:48	3.5	4:28	2.9	3:50	-0.6	5:36	10:06	
8	Mon	9:22	2.5			5:41	2.2	4:31	0.0	5:37	10:05	
9	Tue	12:01	3.6	11:15 AM	2.1	6:43	1.4	5:08	0.7	5:38	10:04	
10	Wed	12:20	3.8	1:22	1.9	7:40	0.7	5:40	1.4	5:39	10:03	
11	Thu	12:42	3.9	3:51	2.1	8:33	0.1	5:56	2.0	5:41	10:03	
12	Fri	1:04	4.0			9:24	-0.4			5:42	10:02	
13	Sat	1:27	4.1			10:12	-0.7			5:43	10:01	
14	Sun	1:48	4.1			10:59	-0.9			5:44	10:00	
15	Mon	2:05	4.1			11:44	-0.9			5:45	9:59	
16	Tue	2:17	4.0					12:27	-0.8	5:46	9:58	
17	Wed	2:20	3.9					1:07	-0.7	5:48	9:57	
18	Thu	2:02	3.8					1:45	-0.6	5:49	9:56	
19	Fri	12:11	3.6					2:20	-0.4	5:50	9:55	
20	Sat	12:00	3.5	11:59	3.3			2:53	-0.2	5:52	9:53	
21	Sun			11:57	3.2			3:23	0.1	5:53	9:52	
22	Mon			11:53	3.2			3:49	0.5	5:54	9:51	
23	Tue	9:05	2.0	11:50	3.2	6:57	1.9	4:10	0.9	5:56	9:49	
24	Wed	11:22	1.7	11:51	3.3	7:12	1.5	4:18	1.4	5:57	9:48	
25	Thu			11:53	3.5	7:37	1.0			5:59	9:47	
26	Fri			11:59	3.7	8:08	0.5			6:00	9:45	
27	Sat					8:41	0.1			6:01	9:44	
28	Sun	12:12	4.0			9:19	-0.3			6:03	9:42	
29	Mon	12:36	4.3			10:01	-0.7			6:04	9:41	
30	Tue	1:11	4.5			10:46	-1.0			6:06	9:39	
31	Wed	1:57	4.6			11:34	-1.1			6:07	9:37	