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# Adak Island, AK - Aug 2019

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Thu | 2:53 | 4.4 | | | | | 12:22 | -1.1 | 6:09 | 9:36 | |
| 2 | Fri | 4:01 | 4.1 | | | | | 1:11 | -1.0 | 6:10 | 9:34 | |
| 3 | Sat | 5:22 | 3.7 | 10:16 | 3.1 | | | 1:58 | -0.7 | 6:12 | 9:32 | |
| 4 | Sun | 6:56 | 3.2 | 10:18 | 3.2 | 2:30 | 2.6 | 2:44 | -0.3 | 6:14 | 9:31 | |
| 5 | Mon | 8:37 | 2.7 | 10:35 | 3.4 | 3:57 | 2.0 | 3:27 | 0.3 | 6:15 | 9:29 | |
| 6 | Tue | 10:24 | 2.4 | 10:58 | 3.6 | 5:07 | 1.2 | 4:09 | 0.9 | 6:17 | 9:27 | |
| 7 | Wed | | | 12:18 | 2.2 | 6:09 | 0.6 | 4:49 | 1.5 | 6:18 | 9:25 | |
| 8 | Thu | | | 2:17 | 2.3 | 7:06 | 0.0 | 5:24 | 2.1 | 6:20 | 9:23 | |
| 9 | Fri | | | | | 8:01 | -0.4 | | | 6:21 | 9:22 | |
| 10 | Sat | 12:25 | 4.0 | | | 8:53 | -0.6 | | | 6:23 | 9:20 | |
| 11 | Sun | 12:54 | 4.0 | | | 9:43 | -0.6 | | | 6:25 | 9:18 | |
| 12 | Mon | 1:20 | 3.9 | | | 10:31 | -0.6 | | | 6:26 | 9:16 | |
| 13 | Tue | 1:44 | 3.8 | | | 11:18 | -0.5 | | | 6:28 | 9:14 | |
| 14 | Wed | 2:04 | 3.7 | | | | | 12:02 | -0.3 | 6:29 | 9:12 | |
| 15 | Thu | 2:24 | 3.5 | | | | | 12:42 | -0.2 | 6:31 | 9:10 | |
| 16 | Fri | 2:49 | 3.3 | 11:07 | 3.0 | | | 1:19 | 0.0 | 6:33 | 9:08 | |
| 17 | Sat | | | 10:47 | 2.9 | | | 1:52 | 0.3 | 6:34 | 9:06 | |
| 18 | Sun | | | 10:34 | 2.8 | | | 2:24 | 0.5 | 6:36 | 9:04 | |
| 19 | Mon | 7:08 | 2.4 | 10:23 | 2.8 | 4:03 | 2.3 | 2:53 | 0.9 | 6:38 | 9:02 | |
| 20 | Tue | 8:57 | 2.1 | 10:19 | 2.9 | 4:39 | 1.8 | 3:19 | 1.3 | 6:39 | 9:00 | |
| 21 | Wed | 10:52 | 2.0 | 10:21 | 3.0 | 5:14 | 1.4 | 3:39 | 1.7 | 6:41 | 8:58 | |
| 22 | Thu | | | 1:22 | 2.1 | 5:50 | 1.0 | 3:36 | 2.1 | 6:42 | 8:55 | |
| 23 | Fri | | | 10:37 | 3.5 | 6:27 | 0.5 | | | 6:44 | 8:53 | |
| 24 | Sat | | | 10:57 | 3.8 | 7:06 | 0.2 | | | 6:46 | 8:51 | |
| 25 | Sun | | | 11:27 | 4.1 | 7:47 | -0.2 | | | 6:47 | 8:49 | |
| 26 | Mon | | | | | 8:32 | -0.5 | | | 6:49 | 8:47 | |
| 27 | Tue | 12:10 | 4.2 | | | 9:19 | -0.7 | | | 6:50 | 8:45 | |
| 28 | Wed | 1:01 | 4.3 | | | 10:08 | -0.7 | | | 6:52 | 8:42 | |
| 29 | Thu | 2:03 | 4.2 | | | 10:59 | -0.7 | | | 6:54 | 8:40 | |
| 30 | Fri | 3:16 | 3.9 | 8:23 | 2.7 | 11:50 | -0.4 | 10:48 | 2.6 | 6:55 | 8:38 | |
| 31 | Sat | 4:41 | 3.5 | 8:10 | 2.7 | | | 12:41 | -0.1 | 6:57 | 8:36 | |