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# Adak Island, AK - Jul 2030

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Mon | 1:40 | 4.0 | | | | | 12:57 | -0.6 | 5:32 | 10:08 | |
| 2 | Tue | 1:48 | 3.8 | | | | | 1:30 | -0.6 | 5:32 | 10:08 | |
| 3 | Wed | 1:04 | 3.6 | | | | | 2:02 | -0.5 | 5:33 | 10:08 | |
| 4 | Thu | 12:17 | 3.4 | 11:47 | 3.2 | | | 2:32 | -0.2 | 5:34 | 10:07 | |
| 5 | Fri | | | 11:20 | 3.2 | | | 2:59 | 0.1 | 5:35 | 10:07 | |
| 6 | Sat | | | 11:05 | 3.3 | | | 3:22 | 0.6 | 5:36 | 10:06 | |
| 7 | Sun | 10:15 | 1.8 | 11:05 | 3.5 | 6:27 | 1.5 | 3:38 | 1.1 | 5:37 | 10:05 | |
| 8 | Mon | | | 12:50 | 1.7 | 6:54 | 0.9 | 3:30 | 1.6 | 5:38 | 10:05 | |
| 9 | Tue | | | 11:36 | 4.2 | 7:32 | 0.2 | | | 5:39 | 10:04 | |
| 10 | Wed | | | | | 8:15 | -0.4 | | | 5:40 | 10:03 | |
| 11 | Thu | 12:05 | 4.6 | | | 9:02 | -0.9 | | | 5:41 | 10:02 | |
| 12 | Fri | 12:43 | 4.8 | | | 9:51 | -1.2 | | | 5:42 | 10:02 | |
| 13 | Sat | 1:27 | 4.8 | | | 10:43 | -1.4 | | | 5:43 | 10:01 | |
| 14 | Sun | 2:18 | 4.7 | | | 11:34 | -1.4 | | | 5:44 | 10:00 | |
| 15 | Mon | 3:15 | 4.4 | | | | | 12:25 | -1.2 | 5:46 | 9:59 | |
| 16 | Tue | 4:19 | 4.0 | 9:56 | 3.2 | | | 1:13 | -0.9 | 5:47 | 9:58 | |
| 17 | Wed | 5:33 | 3.4 | 10:02 | 3.2 | 1:09 | 3.0 | 1:59 | -0.5 | 5:48 | 9:56 | |
| 18 | Thu | 6:58 | 2.9 | 10:18 | 3.3 | 2:57 | 2.5 | 2:42 | -0.1 | 5:49 | 9:55 | |
| 19 | Fri | 8:34 | 2.4 | 10:38 | 3.4 | 4:17 | 1.9 | 3:22 | 0.5 | 5:51 | 9:54 | |
| 20 | Sat | 10:22 | 2.1 | 10:58 | 3.5 | 5:20 | 1.3 | 3:58 | 1.1 | 5:52 | 9:53 | |
| 21 | Sun | | | 12:24 | 2.0 | 6:14 | 0.8 | 4:27 | 1.6 | 5:53 | 9:52 | |
| 22 | Mon | | | 11:37 | 3.7 | 7:03 | 0.4 | | | 5:55 | 9:50 | |
| 23 | Tue | | | 11:54 | 3.8 | 7:48 | 0.1 | | | 5:56 | 9:49 | |
| 24 | Wed | | | | | 8:32 | -0.1 | | | 5:58 | 9:48 | |
| 25 | Thu | 12:11 | 3.8 | | | 9:13 | -0.3 | | | 5:59 | 9:46 | |
| 26 | Fri | 12:27 | 3.9 | | | 9:54 | -0.3 | | | 6:00 | 9:45 | |
| 27 | Sat | 12:45 | 4.0 | | | 10:33 | -0.4 | | | 6:02 | 9:43 | |
| 28 | Sun | 1:07 | 4.0 | | | 11:11 | -0.4 | | | 6:03 | 9:42 | |
| 29 | Mon | 1:31 | 3.9 | | | 11:47 | -0.4 | | | 6:05 | 9:40 | |
| 30 | Tue | 1:59 | 3.7 | | | | | 12:22 | -0.3 | 6:06 | 9:39 | |
| 31 | Wed | 2:32 | 3.4 | | | | | 12:55 | -0.1 | 6:08 | 9:37 | |