





## Adak Island, AK - Mar 2057

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	11:32	4.5					8:26	-0.8	8:29	7:27	
2	Fri			12:26	4.3			9:18	-0.7	8:27	7:29	
3	Sat			1:23	4.0			10:09	-0.4	8:25	7:31	
4	Sun			2:26	3.7			10:59	-0.1	8:22	7:33	
5	Mon	7:14	3.0	3:39	3.2	10:47	2.7	11:46	0.3	8:20	7:34	
6	Tue	7:28	2.9	5:05	2.8			12:17	2.3	8:18	7:36	
7	Wed	7:42	2.9	6:42	2.6	12:32	0.8	1:30	1.8	8:16	7:38	
8	Thu	7:56	2.9	8:30	2.5	1:16	1.2	2:27	1.4	8:13	7:40	
9	Fri	8:09	3.0	10:21	2.5	1:58	1.7	3:15	1.0	8:11	7:41	
10	Sat	8:23	3.1			2:39	2.1	3:59	0.6	8:09	7:43	
11	Sun	12:02	2.7	9:39 AM	3.2	4:18	2.5	5:41	0.4	8:07	7:45	
12	Mon	2:33	2.9	9:56 AM	3.3	4:52	2.8	6:23	0.2	8:04	7:47	
13	Tue	10:17	3.5					7:05	0.0	8:02	7:48	
14	Wed	10:41	3.6					7:47	0.0	8:00	7:50	
15	Thu	11:12	3.6					8:29	-0.1	7:57	7:52	
16	Fri	11:48	3.7					9:11	-0.1	7:55	7:54	
17	Sat			12:31	3.6			9:51	0.0	7:53	7:55	
18	Sun			1:23	3.4			10:31	0.2	7:51	7:57	
19	Mon			2:30	3.2			11:10	0.4	7:48	7:59	
20	Tue	7:38	2.5	4:00	2.9	10:39	2.4	11:49	0.8	7:46	8:00	
21	Wed	7:02	2.5	5:48	2.6			12:18	1.9	7:44	8:02	
22	Thu	7:00	2.6	7:44	2.5	12:29	1.2	1:31	1.3	7:41	8:04	
23	Fri	7:12	2.9	9:43	2.6	1:10	1.7	2:33	0.7	7:39	8:06	
24	Sat	7:35	3.2	11:36	2.8	1:53	2.2	3:29	0.1	7:37	8:07	
25	Sun	8:06	3.6			2:38	2.7	4:24	-0.4	7:34	8:09	
26	Mon	1:08	3.1	8:47 AM	3.8	3:29	3.0	5:19	-0.7	7:32	8:11	
27	Tue	2:18	3.3	9:34 AM	3.9	4:24	3.2	6:14	-0.9	7:30	8:12	
28	Wed	3:12	3.3	10:29 AM	4.0	5:25	3.2	7:08	-0.9	7:27	8:14	
29	Thu	3:55	3.3	11:28 AM	3.9	6:29	3.2	8:02	-0.7	7:25	8:16	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
<b>30</b>	Fri	<b>4:32</b>	3.2	<b>12:31</b>	3.6	<b>7:35</b>	3.0	<b>8:54</b>	-0.4	7:23	8:18	
<b>31</b>	Sat	<b>5:05</b>	3.0	<b>1:38</b>	3.3	<b>8:44</b>	2.7	<b>9:44</b>	-0.1	7:21	8:19	