

# Time zones guide (for usage of Monitor My Watershed):

- EST = Eastern Standard Time (~Nov 4 - March 9)
- EDT = Eastern Daylight Time (“daylight savings”)(~March 8 – Nov 3)
- UTC = Coordinated Universal Time
  - *\*For the eastern U.S., winter time (EST) is five hours behind UTC and summer time (EDT) is four hours behind UTC.*
- UTC – 5 = EST
  - i.e., EST is five hours behind UTC
  - e.g., 11:00p UTC – 5:00 = 6:00p EST
- UTC – 4 = EDT
  - i.e., EDT is four hours behind UTC
  - e.g., 11:00p UTC – 4 = 7:00p EDT
- 24hr time (“military”), e.g.:

| Standard | Military   |
|----------|------------|
| 12:00 AM | 0000 hours |
| 12:30 AM | 0030 hours |
| 1:00 AM  | 0100 hours |
| ....     | ....       |
| 11:00 PM | 2300 hours |
| 11:30 PM | 2330 hours |