



Canadian Amateur Radio HF NETS

Parkland Amateur Radio Club
Updated Oct.29th, 2015
Randy Molyneaux (VE5 RJM)
Email: ve5rjm@hotmail.com

| Days of the Week | TIME (UTC) | Local Time (24 Hr) | Time (CST/Winter) | Time (DST/Summer) | Frequency (Khz) /Alt | Net |
|--------------------------|---------------|--------------------|--------------------|--------------------|----------------------|--|
| Daily | 11:00 / 10:00 | 06:00 | 5:00 AM | 4:00 AM | 7238 | <u>Rotten Apples Net</u> |
| Mon - Sat | 11:00 / 10:00 | 07:00 | 5:00 AM | 4:00 AM | 3770 | <u>Maritime Weather Net</u> |
| Daily | 12:00 / 11:00 | 07:00 - 12:00 | 6:00 AM - 11:00 AM | 5:00 AM - 10:00 AM | 14300 | <u>Intercontinental Amateur Radio Traffic Net</u> |
| Daily | 12:00 / 11:00 | 07:00 - 18:00 | 6:00 AM - 5:00 PM | 5:00 AM - 4:00 PM | 3755 | <u>Ontario Amateur Radio Service (Ontars)</u> |
| Daily | 12:45 / 11:45 | 07:45 | 6:45 AM | 5:45 AM | 14121 | <u>Mississauga Maritime Net</u> |
| Mon - Fri | 13:00 / 12:00 | 08:00 | 7:00 AM | 6:00 AM | 7055 | <u>Trans Provincial Net</u> |
| Daily | 13:00 / 12:00 | 09:30 | 7:00 AM | 6:00 AM | 3740 / 7040 | <u>Cod Jigger Net</u> |
| Mon, Wed, & Fri. | 14:30 / 13:30 | 09:30 | 8:30 AM | 7:30 AM | 3733 / 7080 | <u>Skywide ARC Net</u> |
| Daily | 14:30 13:30 | 08:30 | 8:30 AM | 7:30 AM | 3743 | <u>Manitoba WX Net</u> |
| Daily | 14:00 | 08:00 | 8:00 AM | 8:00 AM | 3753 | <u>Sask Weather Net</u> |
| Daily | 17:30 / 16:30 | 08:30 | 11:00 AM | 10:00 AM | 14292 | <u>The Alaska Pacific Net</u> |
| Daily | 15:00 / 14:00 | 10:00 | 9:00 AM | 8:00 AM | 3952 | <u>Michigan Amateur Communications System</u> |
| Daily | 17:00 / 16:00 | 12:00 - 21:00 | 11:00 AM - 8:00 PM | 10:00 AM - 7:00 PM | 14300 | <u>Maritime Mobile Service Network Net</u> |
| Daily | 17:00 | 12:00 / 13:00 | 11:00 AM | 11:00 AM | 14120 | <u>C.L.A.R.A Net</u> |
| Sat., Sun. & Holidays | 18:00 | 13:00 / 14:00 | Mid Day (Noon) | Mid Day (Noon) | 14140 | <u>Trans Canada Net</u> |
| Daily | 20:00 / 19:00 | 12:00 | 2:00 PM | 1:00 PM | 7268.5 / 7283.5 | <u>The Noon Time Net</u> |
| Daily | 20:00 / 19:00 | 12:00 | 2:00 PM | 1:00 PM | 3970 / 7283.5 | <u>The Noon Time Net</u> |
| Daily | 21:30 / 22:30 | 18:00 / 20:00 | 3:30 PM | 4:30 PM | 3740 | <u>Newfoundland and Labrador Evening Traffic</u> |
| Mon - Sat | 22:00 / 21:00 | 18:00 | 4:00 PM | 3:00 PM | 3768 | <u>International White Cane Net</u> |
| Daily | 22:00 / 21:00 | 17:00 | 4:00 PM | 3:00 PM | 7238 | <u>Rotten Apples Net</u> |
| Daily | 22:00 / 21:00 | 17:00 | 4:00 PM | 3:00 PM | 3921 | <u>Upper Peninsula Net</u> |
| Daily | 22:30 | 19:00 | 4:00 PM | 4:00 PM | 3785 | <u>VO1 / VO2 Evening Net</u> |
| Daily | 23:00 / 22:00 | 19:00 | 5:00 PM | 4:00 PM | 3750 / 3655 | <u>Maritime Net</u> |
| Daily | 23:00 | 18:00 / 19:00 | 5:00 PM | 5:00 PM | 3935 | <u>Wolverine Net (NTS)</u> |
| Daily | 23:30 | 16:30 / 17:30 | 5:00 PM | 5:00 PM | 7055 / 7100 | <u>Aurora Afternoon Net</u> |
| Daily | 23:30 / 22:30 | 18:30 | 5:30 PM | 4:30 PM | 3733 | <u>Sandbox Roundtable Net</u> |
| Daily | 23:30 / 22:30 | 18:30 | 5:30 PM | 4:30 PM | 3775 | <u>Chicken Junction Net</u> |
| Daily | 23:45 / 22:45 | 18:45 | 5:45 PM | 4:45 PM | 3755 | <u>Laurentian Net</u> |
| Daily | 00:00 / 23:00 | 19:00 | 6:00 PM | 5:00 PM | 3952 / 1892 | <u>The Michigan Traffic Net (MITN)</u> |
| Daily | 00:00 / 23:00 | 19:00 | 6:00 PM | 5:00 PM | 3780 | <u>Quebec HF Phone Net</u> |
| Daily | 00:00 / 23:00 | 19:00 | 6:00 PM | 5:00 PM | 3742 / 3745 | <u>Ontario Phone Net (NTS)</u> |
| Tues, Thurs. & Sat. | 01:00 / 00:00 | 20:00 | 7:00 PM | 6:00 PM | 3583 7043 | <u>Michigan Digital Traffic Net</u> |
| Daily | 01:15 00:15 | 20:15 | 7:15 PM | 6:15 PM | 3750 | <u>Northwest Ontario Net</u> |
| Daily | 01:30 / 00:30 | 20:30 | 7:30 PM | 6:30 PM | 3932 | <u>Great Lakes Emergency and Traffic Net</u> |
| Daily | 01:30 / 00:30 | 20:30 | 7:30 PM | 6:30 PM | 3780 | <u>Le réseau des hiboux / The Owl Net</u> |
| Daily | 01:00 / 00:00 | 19:00 | 7:00 PM | 6:00 PM | 3747 | <u>Manitoba Public Service (Evening Phone) Net</u> |
| Daily | 01:00 | 19:00 | 7:00 PM | 7:00 PM | 3744 / 3735 | <u>Sask Public Service Net</u> |
| Daily (June - Sept) | 01:00 | 18:00 | Not Active | 7:00 PM | 3860 | <u>West Coast Boater's Net</u> |
| Daily | 02:00 / 01:00 | 21:00 | 8:00 PM | 7:00 PM | 3730 | <u>3730 Group</u> |
| Daily | 02:00 / 01:00 | 21:00 | 8:00 PM | 7:00 PM | 3762.5 | <u>Sanderson Hour Net</u> |
| Daily | 01:30 | 18:30 / 19:30 | 7:30 PM | 7:30 PM | 3740 | <u>Alberta Public Service Net</u> |
| Daily | 01:30 | 17:30 / 18:30 | 7:30 PM | 7:30 PM | 3729 | <u>BC Public Service Net</u> |
| Daily | 02:30 / 03:30 | 21:30 | 8:30 PM | 7:30 PM | 7153 | <u>Communications Ontario (Comsont)</u> |
| Daily | 02:00 | 18:00 / 19:00 | 8:00 PM | 8:00 PM | 3775 | <u>BC Northern Net</u> |
| Daily | 02:00 | 19:00 | 8:00 PM | 8:00 PM | 3735 | <u>B.C. Emergency Management Net</u> |
| Wed. & Sun. | 02:30 | 21:30 / 22:30 | 8:00 PM | 8:00 PM | 7055 / 7100 | <u>Aurora Evening Net</u> |
| Daily | 02:30 | 18:30 / 19:30 | 8:30 PM | 8:30 PM | 3716 | <u>BC & Yukon NTS Traffic Net</u> |
| Daily | 03:00 / 02:00 | 22:00 | 9:00 PM | 8:00 PM | 3733 | <u>Skywide ARC Net</u> |
| Daily | 03:00 | 22:00 / 23:00 | 9:00 PM | 9:00 PM | 14300 | <u>Pacific Seafarer's Net</u> |
| Daily | 04:00 / 03:00 | 23:00 | 10:00 PM | 9:00 PM | 3803 | <u>The 3803 Roundtable Group</u> |
| Daily (Oct. 1 to Apr 30) | 05:00 / 04:00 | Mid Night | 11:00 PM | 10:00 PM | 3750 | <u>Trans Canada Pow Wow Club</u> |



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 Udated Oct.29th, 2015
 Randy Molyneaux (VE5 RJM)
 Email: ve5rjm@hotmail.com

| Days of the Week | TIME (UTC) | Local Time (24 Hr) | Time (CST/Winter) | Time (DST/Summer) | Frequency (Khz) /Alt | Net |
|---|---------------|--------------------|-------------------|---------------------|----------------------|--|
| Weekly Nets | | | | | | 14.300 Mhz - 14300.net |
| Sunday | 12:00 / 11:00 | 08:00 | Sun. 6:00 AM | Sun. 5:00 AM | 3750 | Maritime Old Timers Net |
| Sunday | 12:30 / 13:30 | 08:30 | Sun. 7:30 AM | Sun. 6:30 AM | 3958 | The North Country Group Net |
| Sunday | 14:00 / 13:00 | 09:00 | Sun 8:00 AM | Sun 7:00 AM | 3768 | North Bay Net |
| Sunday | 15:00 / 14:00 | 10:00 | 9:00 AM | 8:00 AM | 3733 / 7080 | Skywide ARC Net |
| Sunday | 14:30 | 08:30 | Sun. 8:30 AM | Sun. 8:30 AM | 3753 | Sask ARES Net |
| Sunday | 15:00 / 14:00 | 10:00 | Sat. 9:00 AM | Sat. 8:00 AM | 3760 | Pot Hole Net (Ottawa Valley Mobile ARC) |
| Sunday | 16:00 / 15:00 | 11:00 | Sun. 10:00 AM | Sun. 9:00 AM | 7055 | Ontario Tech Net |
| Sunday | 16:00 / 15:00 | 11:00 | Sun. 10:00 AM | Sun. 9:00 AM | 28550 | Nortown ARC Net |
| Sunday | 17:00 / 16:00 | 12:00 | Sun. 11:00 AM | Sun. 10:00 AM | 3921 | Upper Peninsula Net |
| Sunday | 17:00 / 16:00 | 12:00 | Sun. 11:00 AM | Sun. 10:00 AM | 7055 | Ontario Swap Shop |
| Sunday | 17:00 / 18:00 | 13:00 | Mid Day (Noon) | Sun. 11:00 AM | 3805 | Sunparlor Amateur Radio Club |
| Sunday | 18:00 / 17:00 | 13:00 | Mid Day (Noon) | Sun. 11:00 AM | 7080 | Ontario Provincial Communications Networks |
| Sunday | 18:00 / 17:00 | 13:00 | Mid Day (Noon) | Sun. 11:00 AM | 7153 | ARES Ontario HF Net |
| Sunday | 19:00 / 18:00 | 11:00 | Sun. 1:00 PM | Sun. Mid Day (Noon) | 14303.5 | Elecraft K3 Radio Net |
| Sunday | 19:00 | 14:00 / 15:00 | Sun. 1:00 PM | Sun. 1:00 PM | 14125 | Amateur Radio Red Cross Net |
| Sunday | 22:00 / 21:00 | 17:00 | 4:00 PM | 3:00 PM | 3743 | ARES Ontario HF Net |
| Sunday | 22:00 / 21:00 | 17:00 | 4:00 PM | 3:00 PM | 3932 / 7232 | Michigan Amateur Radio Public Service Net |
| Sunday | 00:00 / 23:00 | 19:00 | Sun. 6:00 PM | Sun. 5:00 PM | 3755 | Ontario Swap Shop |
| Sunday | 02:00 / 01:00 | 21:00 | Sun 8:00 PM | Sun 7:00 PM | 52525 | Scarborough ARC Net |
| Monday | 03:30 / 02:30 | 19:30 | Sun..9:30 PM | Sun..8:30 PM | 28020 | 20 Below Club, CW |
| Monday | 04:00 / 03:00 | 20:00 | Sun. 10:00 PM | Sun. 9:00 PM | 3716 | BC Swap Net |
| Monday | 05:30 | 00:30 / 01:30 | Sun. 11:30 PM | Sun. 11:30 PM | 14222 | 222 Net |
| Monday | 15:00 | 10:00 / 11:00 | Mon. 9:00 AM | Mon. 9:00 AM | 14288 | YL DX Net |
| Monday | 23:30 / 22:30 | 19:30 | Mon. 5:30 PM | Mon. 4:30 PM | 3750 | Maritime Swap Shop |
| Monday (Sept. - May) | 00:00 / 23:00 | 19:00 | Mon. 6:00 PM | Mon. 5:00 PM | 3750 | C.L.A.R.A Net |
| Monday | 00:30 / 23:30 | 19:30 | Mon. 6:30 PM | Mon. 5:00 PM | 3693 | Hamilton ARC Net |
| Tuesday | 03:30 / 02:30 | 19:30 | Mon. 9:30 PM | Mon. 8:30 PM | 3729 | BC Amateur Radio Awareness Net |
| Tuesday | 03:30 / 02:30 | 19:30 | Mon. 9:30 PM | Mon. 8:30 PM | 28355 | Chilliwack 10m net |
| Tuesday | 15:00 / 14:00 | 10:00 | Tues. 9:00 AM | Tues. 8:00 AM | 7063 | Old Sweat's Net |
| Tuesday | 14:00 / 15:00 | 09:00 / 11:00 | Tues. 8:00 AM | Tues. 9:00 AM | 7055 | C.L.A.R.A Net |
| Tuesday | 15:30 | 09:30 | Tues. 9:30 AM | Tues. 9:30 AM | 3740 / 7040 | Emergency Operations |
| Tuesday (Sept. - May) | 17:00 | 12:00 | Tues. 11:00 AM | Tues. 11:00 AM | 14120 | C.L.A.R.A Net |
| Wednesday | 01:30 / 00:30 | 20:30 | Tues. 7:30 PM | Tues. 6:30 PM | 28415 | Niagara Peninsula Informal Round Table |
| Wednesday | 02:30 | 18:30 / 19:30 | Tues. 8:30 PM | Tues. 8:30 PM | 7055 / 7100 | Aurora Evening Net |
| 1st Wed. Each Month | 23:00 / 22:00 | 19:30 | Wed. 5:00 PM | Wed. 4:00 PM | 3740 / 7040 | EMO Net (Emergency Measures Organization) |
| Thursday | 00:30 / 23:30 | 19:30 | Wed. 6:30 PM | Wed. 5:30 PM | 3772 | Radioamateur.ca Technical Net |
| Thursday | 00:30 / 23:30 | 19:30 | Wed. 6:30 PM | Wed. 5:30 PM | 28360 | CERTS VE3BPQ 10 Meter Net |
| Thursday | 00:30 | 18:30 | Wed. 6:30 PM | Wed. 6:30 PM | 3740 | Anything But The Weather Net |
| Thursday | 02:00 / 01:00 | 21:00 | Wed. 8:00 PM | Wed. 8:00 PM | 50238 USB | Manitoba Six Meter Net |
| Thursday | 02:00 | 18:00 / 19:00 | Wed. 8:00 PM | Wed. 8:00 PM | 3735 | B.C. Emergency Management Net |
| Thursday | 03:00 / 02:00 | 19:00 | Wed. 9:00 PM | Wed. 8:00 PM | 3735 | BC Prov Emergency PEP Net |
| Thursday | 03:00 / 02:00 | 19:00 | Wed. 9:00 PM | Wed. 8:00 PM | 3750 | SSIARC Emergency Communications |
| 1st & 3rd Thursday | 00:00 / 23:00 | 19:00 | Thurs. 6:00 PM | Thurs. 5:00 PM | 3607 | GWEN-EMCOMM Net |
| Friday | 01:00 | 20:00 / 21:00 | Thurs. 7:00 PM | Thurs. 7:00 PM | 7193 / 14288 | YL Thursday Night Net |
| Friday | 00:30 / 01:30 | 19:30 | Fri. 6:30 PM | Fri. 5:30 PM | 3932 | Michigan District ARES Net |
| Saturday | 15:00 / 14:00 | 10:00 | Sat. 9:00 AM | Sat. 8:00 AM | 7095 | Pot Hole Net (Ottawa Valley Mobile ARC) |
| Saturday | 17:00 | 12:00 / 13:00 | Sat 11:00 AM | Sat 11:00 AM | 14300 | US Coast Guard Amateur Radio Net |
| Saturday | 18:00 | 13:00 / 14:00 | Mid Day (Noon) | Mid Day (Noon) | 14327 | US Coast Guard Amateur Radio Net |
| Saturday | 19:00 / 18:00 | 14:00 | Sat 1:00 PM | Mid Day (Noon) | 7235 | Swan Tech Net |
| Saturday | 20:00 / 19:00 | 15:00 | Sat 2:00 PM | Sat. 1:00 PM | 3745 | Canada Boatanchor Net |
| Saturday | 02:00 / 01:00 | 21:00 | Sat. 8:00 PM | Sat. 7:00 PM | 53.390- | Scarborough ARC Net |
| Sunday | 02:30 | 18:30 / 19:30 | Sat. 8:30 PM | Sat. 8:30 PM | 7055 / 7100 | Aurora Evening Net |
| Primary HF Emergency Traffic Frequencies are: | | | | | 7080 / 3742 | Ontario Emergency Communications Network |
| Hurricane Net | | | | | 14325 | As Needed |



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|-------------------------|---------------|--------------------|-------------------|-------------------|----------------------|---|
| CW Nets | | | | | | |
| 14.300 Mhz - 14300.net | | | | | | |
| Daily | 12:45 / 11:45 | 07:45 | 6:45 AM | 5:45 AM | 3655 | <u>Eastern Canada Net (ECN)</u> |
| Daily | 21:00 - 00:00 | 16:00 - 19:00 | 3:00 PM - 6:00 PM | 3:00 PM - 6:00 PM | 3667 | <u>Ontario Quebec Traffic Net [OQN]</u> |
| Daily | 23:30 / 22:30 | 18:30 | 5:30 PM | 4:30 PM | 3563 / 7063 | <u>The Michigan Net (QMN)</u> |
| Daily | 01:30 | 20:30 / 21:30 | 7:30 PM | 7:30 PM | 3660 | <u>Prairie Traffic Net</u> |
| Daily | 01:45 | 20:45 / 21:45 | 7:45 PM | 7:45 PM | 3590 | <u>10th Region Net (CW)</u> |
| Daily | 02:00 | 19:00 | 8:00 PM | 8:00 PM | 3652 | <u>British Columbia Emergency Net</u> |
| Daily | 03:00 / 02:00 | 22:00 | 9:00 PM | 8:00 PM | 3563 / 7063 / 1812 | <u>The Michigan Net (QMN)</u> |
| Daily | 04:00 | 22:00 | 10:00 PM | 10:00 PM | 3695 | <u>Sask CW Net</u> |
| CW Nets (Weekly) | | | | | | |
| 14.300 Mhz - 14300.net | | | | | | |
| Sunday | 15:00 / 14:00 | 10:00 | Sun. 9:00 AM | Sun. 8:00 AM | 3685 | <u>Peel Amateur Radio Club</u> |
| Sunday | 16:00 / 15:00 | 11:00 | Sun. 10:00 AM | Sun. 9:00 AM | 3620 | <u>Pot Lid Net (slow speed 8-12 WPM)</u> |
| Thursday | 01:00 | 20:00 / 21:00 | Wed. 7:00 PM | Wed. 7:00 PM | 3580 | <u>VE2UMS Club Traffic Net (Max 10 wpm)</u> |
| Friday | 01:00 | 20:00 / 21:00 | Thurs. 7:00 PM | Thurs. 7:00 PM | 7117 | <u>Great Lakes QRS Net</u> |
| Friday | 02:00 / 01:00 | 21:00 | Thurs. 8:00 PM | Thurs. 7:00 PM | 3710 | <u>Skywide ARC (CW)</u> |
| Friday | 02:00 | 20:00 / 19:00 | Thurs. 8:00 PM | Thurs. 8:00 PM | 7117 | <u>Pacific Northwest QRS 80 Meter Net</u> |

Daily/Weekly Net Schedules

| Alaska / Local Nets | Time | Freq |
|----------------------------|-------------------|--------------|
| Alaska Sniper's Net | 1800 Local | 3.92 |
| Alaska Bush Net | 1900 Local | 7.063 |
| Alaska Motley Net | 2100 Local | 3.993 |
| Alaska CW Net | 24/7 | 3.540, 7.042 |
| | 24/7 | 14.05 |
| Alaska Pacific Traffic Net | 1000 Local | 14.292 |
| Interior Net (ARES) | 2000 Local Sunday | 146.88 |



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Canada's Time Zones

The table below shows the time zones in Canada:

| Standard Time Zones | Daylight Saving Time Zones |
|--|--|
| Newfoundland Standard Time (NST) = UTC-3:30. | Newfoundland Daylight Time (NDT) = UTC-2:30. |
| Atlantic Standard Time (AST) = UTC-4. | Atlantic Daylight Time (ADT) = UTC-3. |
| Eastern Standard Time (EST) = UTC-5. | Eastern Daylight Time (EDT) = UTC-4. |
| Central Standard Time (CST) = UTC-6. | Central Daylight Time (CDT) = UTC-5. |
| Mountain Standard Time (MST) = UTC-7. | Mountain Daylight Time (MDT) = UTC-6. |
| Pacific Standard Time (PST) = UTC -8. | Pacific Daylight Time (PDT) = UTC-7. |

Military or 24 Hr Clock Conversion



| UTC TIME | NST TIME | NDT TIME | AST TIME | ADT TIME | EST TIME | EDT TIME | CST TIME | CDT TIME | MST TIME | MDT TIME | PST TIME | PDT TIME |
|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 00:00 | 8:30 PM | 9:30 PM | 8:00 PM | 9:00 PM | 7:00 PM | 8:00 PM | 6:00 PM | 6:00 PM | 5:00 PM | 6:00 PM | 4:00 PM | 5:00 PM |
| 01:00 | 9:30 PM | 10:30 PM | 9:00 PM | 10:00 PM | 8:00 PM | 9:00 PM | 7:00 PM | 7:00 PM | 6:00 PM | 7:00 PM | 5:00 PM | 6:00 PM |
| 02:00 | 10:30 PM | 11:30 PM | 10:00 PM | 11:00 PM | 9:00 PM | 10:00 PM | 8:00 PM | 8:00 PM | 7:00 PM | 8:00 PM | 6:00 PM | 7:00 PM |
| 02:30 | 11:00 PM | Mid Night | 10:30 PM | 11:30 PM | 9:30 PM | 10:30 PM | 8:30 PM | 8:30 PM | 7:30 PM | 8:30 PM | 6:30 PM | 7:30 PM |
| 03:00 | 11:30 PM | 12:30 AM | 11:00 PM | Mid Night | 10:00 PM | 11:00 PM | 9:00 PM | 9:00 PM | 8:00 PM | 9:00 PM | 7:00 PM | 8:00 PM |
| 03:30 | Mid Night | 1:00 AM | 11:30 PM | 12:30 AM | 10:30 PM | 11:30 PM | 9:30 PM | 9:30 PM | 8:30 PM | 9:30 PM | 7:30 PM | 8:30 PM |
| 04:00 | 12:30 AM | 1:30 AM | Mid Night | 1:00 AM | 11:00 PM | Mid Night | 10:00 PM | 10:00 PM | 9:00 PM | 10:00 PM | 8:00 PM | 9:00 PM |
| 05:00 | 1:30 AM | 2:30 AM | 1:00 AM | 2:00 AM | Mid Night | 1:00 AM | 11:00 PM | 11:00 PM | 10:00 PM | 11:00 PM | 9:00 PM | 10:00 PM |
| 06:00 | 2:30 AM | 3:30 AM | 2:00 AM | 3:00 AM | 1:00 AM | 2:00 AM | Mid Night | Mid Night | 11:00 PM | Mid Night | 10:00 PM | 11:00 PM |
| 07:00 | 3:30 AM | 4:30 AM | 3:00 AM | 4:00 AM | 2:00 AM | 3:00 AM | 1:00 AM | 1:00 AM | Mid Night | 1:00 AM | Mid Night | Mid Night |
| 08:00 | 4:30 AM | 5:30 AM | 4:00 AM | 5:00 AM | 3:00 AM | 4:00 AM | 2:00 AM | 2:00 AM | 1:00 AM | 2:00 AM | Mid Night | 1:00 AM |
| 09:00 | 5:30 AM | 6:30 AM | 5:00 AM | 6:00 AM | 4:00 AM | 5:00 AM | 3:00 AM | 3:00 AM | 2:00 AM | 3:00 AM | 1:00 AM | 2:00 AM |
| 10:00 | 6:30 AM | 7:30 AM | 6:00 AM | 7:00 AM | 5:00 AM | 6:00 AM | 4:00 AM | 4:00 AM | 3:00 AM | 4:00 AM | 2:00 AM | 3:00 AM |
| 11:00 | 7:30 AM | 8:30 AM | 7:00 AM | 8:00 AM | 6:00 AM | 7:00 AM | 5:00 AM | 5:00 AM | 4:00 AM | 5:00 AM | 3:00 AM | 4:00 AM |
| 12:00 | 8:30 AM | 9:30 AM | 8:00 AM | 9:00 AM | 7:00 AM | 8:00 AM | 6:00 AM | 6:00 AM | 5:00 AM | 6:00 AM | 4:00 AM | 5:00 AM |
| 13:00 | 9:30 AM | 10:30 AM | 9:00 AM | 10:00 AM | 8:00 AM | 9:00 AM | 7:00 AM | 7:00 AM | 6:00 AM | 7:00 AM | 5:00 AM | 6:00 AM |
| 14:00 | 10:30 AM | 11:30 AM | 10:00 AM | 11:00 AM | 9:00 AM | 10:00 AM | 8:00 AM | 8:00 AM | 7:00 AM | 8:00 AM | 6:00 AM | 7:00 AM |
| 15:00 | 11:30 AM | 12:30 PM | 11:00 AM | Mid Day | 10:00 AM | 11:00 AM | 9:00 AM | 9:00 AM | 8:00 AM | 9:00 AM | 7:00 AM | 8:00 AM |
| 16:00 | 12:30 PM | 1:30 PM | Mid Day | 1:00 PM | 11:00 AM | Mid Day | 10:00 AM | 10:00 AM | 9:00 AM | 10:00 AM | 8:00 AM | 9:00 AM |
| 17:00 | 1:30 PM | 2:30 PM | 1:00 PM | 2:00 PM | Mid Day | 1:00 PM | 11:00 AM | 11:00 AM | 10:00 AM | 11:00 AM | 9:00 AM | 10:00 AM |
| 18:00 | 2:30 PM | 3:30 PM | 2:00 PM | 3:00 PM | 1:00 PM | 2:00 PM | Mid Day | Mid Day | 11:00 AM | Mid Day | 10:00 AM | 11:00 AM |
| 19:00 | 3:30 PM | 4:30 PM | 3:00 PM | 4:00 PM | 2:00 PM | 3:00 PM | 1:00 PM | 1:00 PM | Mid Day | 1:00 PM | 11:00 AM | Mid Day |
| 20:00 | 4:30 PM | 5:30 PM | 4:00 PM | 5:00 PM | 3:00 PM | 4:00 PM | 2:00 PM | 2:00 PM | 1:00 PM | 2:00 PM | Mid Day | 1:00 PM |
| 21:00 | 5:30 PM | 6:30 PM | 5:00 PM | 6:00 PM | 4:00 PM | 5:00 PM | 3:00 PM | 3:00 PM | 2:00 PM | 3:00 PM | 1:00 PM | 2:00 PM |
| 22:00 | 6:30 PM | 7:30 PM | 6:00 PM | 7:00 PM | 5:00 PM | 6:00 PM | 4:00 PM | 4:00 PM | 3:00 PM | 4:00 PM | 2:00 PM | 3:00 PM |
| 23:00 | 7:30 PM | 8:30 PM | 7:00 PM | 8:00 PM | 6:00 PM | 7:00 PM | 5:00 PM | 5:00 PM | 4:00 PM | 5:00 PM | 3:00 PM | 4:00 PM |
| 24:00 | 8:30 PM | 9:30 PM | 8:00 PM | 9:00 PM | 7:00 PM | 8:00 PM | 6:00 PM | 6:00 PM | 5:00 PM | 6:00 PM | 4:00 PM | 5:00 PM |

Day Before
 24 Hr Clock

In most of Canada Daylight Saving Time begins at 2:00 a.m. local time on the second Sunday in March. On the first Sunday in November areas on Daylight Saving Time return to Standard Time at 2:00 a.m. local time. When Daylight Saving Time begins turn your clocks ahead one hour. At the end of Daylight Saving Time turn your clocks back one hour.

- TIP:**
- Spring: "FORWARD" 1 Hour
 - Fall: "BACK" 1 Hour