

TIME CONVERSION CHART

EASTERN STANDARD TIME				EASTERN DAYLIGHT TIME			
LOCAL <u>12 HR</u>	LOCAL <u>24 HR</u>	"ZULU" <u>UTC</u>		LOCAL <u>12 HR</u>	LOCAL <u>24 HR</u>	"ZULU" <u>UTC</u>	
12:00 AM	0000	0500		12:00 AM	0000	0400	
1:00 AM	0100	0600		1:00 AM	0100	0500	
2:00 AM	0200	0700		2:00 AM	0200	0600	
3:00 AM	0300	0800		3:00 AM	0300	0700	
4:00 AM	0400	0900		4:00 AM	0400	0800	
5:00 AM	0500	1000		5:00 AM	0500	0900	
6:00 AM	0600	1100		6:00 AM	0600	1000	
7:00 AM	0700	1200		7:00 AM	0700	1100	
8:00 AM	0800	1300		8:00 AM	0800	1200	
9:00 AM	0900	1400		9:00 AM	0900	1300	
10:00 AM	1000	1500		10:00 AM	1000	1400	
11:00 AM	1100	1600		11:00 AM	1100	1500	
12:00 PM	1200	1700		12:00 PM	1200	1600	
1:00 PM	1300	1800		1:00 PM	1300	1700	
2:00 PM	1400	1900		2:00 PM	1400	1800	
3:00 PM	1500	2000		3:00 PM	1500	1900	
4:00 PM	1600	2100		4:00 PM	1600	2000	
5:00 PM	1700	2200		5:00 PM	1700	2100	
6:00 PM	1800	2300		6:00 PM	1800	2200	
7:00 PM	1900	2400	<i>next day</i>	7:00 PM	1900	2300	
8:00 PM	2000	0100	<i>next day</i>	8:00 PM	2000	2400	<i>next day</i>
9:00 PM	2100	0200	<i>next day</i>	9:00 PM	2100	0100	<i>next day</i>
10:00 PM	2200	0300	<i>next day</i>	10:00 PM	2200	0200	<i>next day</i>
11:00 PM	2300	0400	<i>next day</i>	11:00 PM	2300	0300	<i>next day</i>
12:00 AM	2400	0500	<i>next day</i>	12:00 AM	2400	0400	<i>next day</i>

HF Bands:

<u>Start</u>	<u>CW Phone</u>	<u>End</u>
3.500	3.600	4.000
7.000	7.125	7.300
10.100	10.150	-
14.000	14.150	14.350
18.065	18.110	18.168
21.000	21.200	21.450
24.890	24.930	24.990
28.000	28.300	29.300

**60 Meter:
"channels":**

1	5.330.5
2	5.346.5
3	5.366.5
4	5.371.5
5	5.403.5

CB frequencies:

26.965 = Ch. 1
27.065 = Ch. 9
27.185 = Ch. 19
27.225 = Ch. 23
27.265 = Ch. 26
27.305 = Ch. 30
27.375 = Ch. 37
27.405 = Ch. 40

... (29.3 - 29.5.10 Satellite) ... 29.5 -29.7 FM (-split)