Timings

1. To avoid confusion its often easier to use the twenty-four-hour clock:

1am = 0100	2pm = 1400
8.15am = 0815	8.45pm = 2045

2. Verbal timings are given as follows:

1400 = fourteen hundred	1515 = fifteen fifteen
1435 = fourteen thirty-five	1528 = fifteen twenty-eight
1500 = fifteen hundred	

3. A single '0' in the timing is normally pronounced as "zero":

0800 = zero eight hundred	0805 = zero eight zero five

   Note: This does not apply to a single 0 at the end:

1110 = eleven ten	1620 = sixteen twenty

4. Midnight is usually avoided as a timing for obvious reasons.

   When it is used, it may be given in several different ways:

   2400 = twenty-four hundred
   2359 = twenty-three fifty-nine
   0001 = zero zero zero one

   Note: Timings between midnight and 0100 are given as follows:

   0005 = zero zero zero five
   0035 = zero zero thirty-five

5. In order to show that it is a timing, the word "**hours**" is usually added to the end. In written timings, this is abbreviated to **hrs:**

   0300hrs = zero three hundred hours
   1210hrs = twelve ten hours

6. On operations, UN and NATO forces normally use Greenwich Mean Time (GMT), which is also known as **Zulu time,** regardless of the time of the country in which they are operating:

   1010Z = ten ten hours Zulu time

   Note: Other time zones around the world are identified by different letters of the alphabet. The time of the country in which one is operating is also known as **"local time",** for example: *The general will be arriving at 1430 hours local time.*

In civilian timings, A.M. (ante meridiem) and P.M. (post meridiem) start immediately after Midnight and Noon (Midday) respectively.

Dawn = Sunrise
Dusk, Sunset = Sundown
Evening = period between sunset and normal bedtime