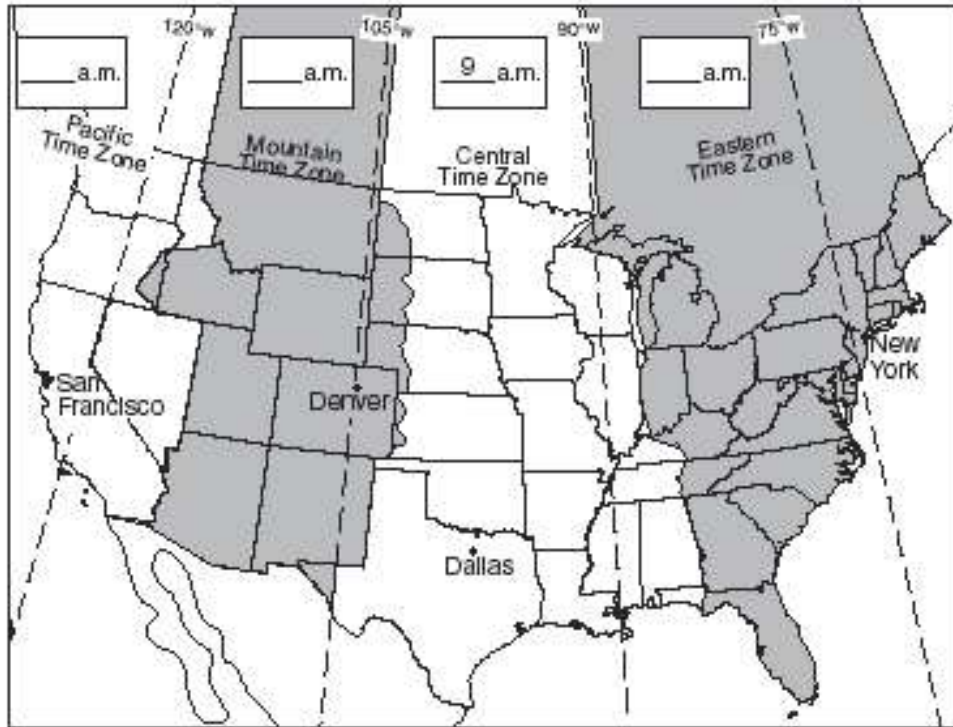


Continental U.S. Time Zones



Solving Time Zone Problems: “The Grid Method”

Example 1: The time at 90°E longitude is 7am. What is the time at 30°E longitude?

Example 2: The time at 45°W longitude is 2pm. At which longitude would the time be 7pm?