Z
 00
 03
 06
 09
 12
 15
 18
 21

 PDT
 5p
 8p
 11p
 2a
 5a
 8a
 11a
 2p
 (Z-7hrs)

 PST
 4p
 7p
 10p
 1a
 4a
 7a
 10a
 1p
 (Z-8 hrs)

Images: http://www.aos.wisc.edu/weather/wx_models/Models.htm/ Animations: http://geography.uoregon.edu using HAniS: http://www.ssec.wisc.edu/hanis/