

Z 00 06 12 18
PDT 5p 11p 5a 11a (Z-7hrs)
PST 4p 10p 4a 10a (Z-8 hrs)

Images: <http://www.esrl.noaa.gov/psd/map/images/ens/ens.html>
Animations: <http://geography.uoregon.edu>
using HAniS: <http://www.ssec.wisc.edu/hanis/>