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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Z** | 00 | 03 | 06 | 09 | 12 | 15 | 18 | 21 |  |  | Images: http://www.emc.ncep.noaa.gov/mmb/mmbpll/opsnam/ |
| **PDT** | 5p | 8p | 11p | 2a | 5a | 8a | 11a | 2p | (Z-7hrs) |  | Animations: http://geography.uoregon.edu |
| **PST** | 4p | 7p | 10p | 1a | 4a | 7a | 10a | 1p | (Z-8 hrs) |  | using HAniS: http://www.ssec.wisc.edu/hanis/ |