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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Z** | 00 | 06 | 12 | 18 |  |  | Images: http://www.esrl.noaa.gov/psd/map/images/ens/ens.html |
| **PDT** | 5p | 11p | 5a | 11a | (Z-7hrs) |  | Animations: http://geography.uoregon.edu |
| **PST** | 4p | 10p | 4a | 10a | (Z-8 hrs) |  | using HAniS: http://www.ssec.wisc.edu/hanis/ |