



Mar 10

Forward 1 hour

Mar 10, 2019 - Daylight Saving Time Starts

When local standard time is about to reach

Sunday, March 10, 2019, **2:00:00 am** clocks are turned **forward** 1 hour to Sunday, March 10, 2019, **3:00:00 am** local daylight time instead.

Sunrise and sunset will be about 1 hour later on Mar 10, 2019 than the day before. There will be [more light in the evening](#).

Also called [Spring Forward](#), [Summer Time](#), and [Daylight Savings Time](#).



Nov 3

Back 1 hour

Nov 3, 2019 - Daylight Saving Time Ends

When local daylight time is about to reach

Sunday, November 3, 2019, **2:00:00 am** clocks are turned **backward** 1 hour to

Sunday, November 3, 2019, **1:00:00 am** local standard time instead.

Sunrise and sunset will be about 1 hour earlier on Nov 3, 2019 than the day before. There will be [more light in the morning](#).

Also called [Fall Back](#) and [Winter Time](#).