
Time Changes or Daylight Changes

For the Pacific Northwest (Seattle, WA) of the United States

Daylight Savings Time, or summertime, starts on the Second Sunday in March. The clock is advanced by one hour. We are in the Pacific Time Zone. So, we are designated the Pacific Daylight Savings Time: Acronym PDT.

Daylight Standard Time starts on the first Sunday in November. The time is moved back one hour, and are designated the Pacific Daylight Standard Time: Acronym PST.