

Time

1 year = 365 days
1 leap year = 366 days
1 day = 24 hours
1 hour = 60 minutes
1 minute = 60 seconds

Time can be written in 12 hour or 24 hour notation.

Remember:

- In 12 hour notation we must use a.m. or p.m.
 - a.m. means 'before 12 noon'
 - p.m. means 'after 12 noon'
- In 24 hour notation we must use 4 digits
- We do not use a.m or p.m with 24 hour notation

Examples:

9.25 in the morning = 9.25 a.m = 0925

12 noon = 1200

2.15 in the afternoon = 2.15 p.m = 1415

ten to six in the evening = 5.50 p.m = 1750

12 midnight = 0000 or 2400