

12-hour shift schedule: Pitman, four teams, from 2026-09-07

Two full 14-day Pitman cycles for four teams, with hours computed as real elapsed time in America/New_York.

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
2026-09-07	Mon	A	Day	07:00	19:00	12	
2026-09-07	Mon	C	Night	19:00	07:00	12	
2026-09-08	Tue	A	Day	07:00	19:00	12	
2026-09-08	Tue	C	Night	19:00	07:00	12	
2026-09-09	Wed	B	Day	07:00	19:00	12	
2026-09-09	Wed	D	Night	19:00	07:00	12	
2026-09-10	Thu	B	Day	07:00	19:00	12	
2026-09-10	Thu	D	Night	19:00	07:00	12	
2026-09-11	Fri	A	Day	07:00	19:00	12	
2026-09-11	Fri	C	Night	19:00	07:00	12	
2026-09-12	Sat	A	Day	07:00	19:00	12	
2026-09-12	Sat	C	Night	19:00	07:00	12	
2026-09-13	Sun	A	Day	07:00	19:00	12	
2026-09-13	Sun	C	Night	19:00	07:00	12	
2026-09-14	Mon	B	Day	07:00	19:00	12	
2026-09-14	Mon	D	Night	19:00	07:00	12	
2026-09-15	Tue	B	Day	07:00	19:00	12	
2026-09-15	Tue	D	Night	19:00	07:00	12	
2026-09-16	Wed	A	Day	07:00	19:00	12	
2026-09-16	Wed	C	Night	19:00	07:00	12	
2026-09-17	Thu	A	Day	07:00	19:00	12	
2026-09-17	Thu	C	Night	19:00	07:00	12	
2026-09-18	Fri	B	Day	07:00	19:00	12	
2026-09-18	Fri	D	Night	19:00	07:00	12	
2026-09-19	Sat	B	Day	07:00	19:00	12	
2026-09-19	Sat	D	Night	19:00	07:00	12	
2026-09-20	Sun	B	Day	07:00	19:00	12	
2026-09-20	Sun	D	Night	19:00	07:00	12	
2026-09-21	Mon	A	Day	07:00	19:00	12	

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
2026-09-21	Mon	C	Night	19:00	07:00	12	
2026-09-22	Tue	A	Day	07:00	19:00	12	
2026-09-22	Tue	C	Night	19:00	07:00	12	
2026-09-23	Wed	B	Day	07:00	19:00	12	
2026-09-23	Wed	D	Night	19:00	07:00	12	
2026-09-24	Thu	B	Day	07:00	19:00	12	
2026-09-24	Thu	D	Night	19:00	07:00	12	
2026-09-25	Fri	A	Day	07:00	19:00	12	
2026-09-25	Fri	C	Night	19:00	07:00	12	
2026-09-26	Sat	A	Day	07:00	19:00	12	
2026-09-26	Sat	C	Night	19:00	07:00	12	
2026-09-27	Sun	A	Day	07:00	19:00	12	
2026-09-27	Sun	C	Night	19:00	07:00	12	
2026-09-28	Mon	B	Day	07:00	19:00	12	
2026-09-28	Mon	D	Night	19:00	07:00	12	
2026-09-29	Tue	B	Day	07:00	19:00	12	
2026-09-29	Tue	D	Night	19:00	07:00	12	
2026-09-30	Wed	A	Day	07:00	19:00	12	
2026-09-30	Wed	C	Night	19:00	07:00	12	
2026-10-01	Thu	A	Day	07:00	19:00	12	
2026-10-01	Thu	C	Night	19:00	07:00	12	
2026-10-02	Fri	B	Day	07:00	19:00	12	
2026-10-02	Fri	D	Night	19:00	07:00	12	
2026-10-03	Sat	B	Day	07:00	19:00	12	
2026-10-03	Sat	D	Night	19:00	07:00	12	
2026-10-04	Sun	B	Day	07:00	19:00	12	
2026-10-04	Sun	D	Night	19:00	07:00	12	
Total real hours							All four teams, real elapsed time
Real hours – team A							Over 4 weeks; divide by 4 for the weekly average
Real hours – team B							Over 4 weeks; divide by 4 for the weekly average
Real hours – team C							Over 4 weeks; divide by 4 for the weekly average

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
Real hours – team D							Over 4 weeks; divide by 4 for the weekly average

How to use this sheet

1. Four teams on a 2-3-2 Pitman rotation: two on, two off, three on, two off, two on, three off. Teams A and B cover days, C and D cover nights. Every team averages 42 hours a week and gets a full weekend off every other week.
2. Hours are real elapsed time in America/New_York, not the difference between two wall clocks. On an ordinary night 19:00–07:00 is 12 hours. The night the clocks go back it is 13, and the night they go forward it is 11.
3. No shift in this date range crosses a clocks change, so every night here is exactly 12 hours. Ask for a range covering the change and the column will say 11 or 13.
4. The per-team totals are formulas over the Real hours column, so they stay right if you edit the grid.
5. Change the range or the timezone with the start and tz options on the download link.