

24/7 shift schedule: Southern Swing, four teams, from 2026-09-07

A full 28-day Southern Swing cycle: three 8-hour shifts a day, four teams, every hour of every day covered, 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	15:00	8	
2026-09-07	Mon	B	Night	23:00	07:00	8	
2026-09-07	Mon	C	Swing	15:00	23:00	8	
2026-09-08	Tue	A	Day	07:00	15:00	8	
2026-09-08	Tue	B	Night	23:00	07:00	8	
2026-09-08	Tue	C	Swing	15:00	23:00	8	
2026-09-09	Wed	A	Day	07:00	15:00	8	
2026-09-09	Wed	B	Night	23:00	07:00	8	
2026-09-09	Wed	D	Swing	15:00	23:00	8	
2026-09-10	Thu	A	Day	07:00	15:00	8	
2026-09-10	Thu	B	Night	23:00	07:00	8	
2026-09-10	Thu	D	Swing	15:00	23:00	8	
2026-09-11	Fri	A	Day	07:00	15:00	8	
2026-09-11	Fri	C	Night	23:00	07:00	8	
2026-09-11	Fri	D	Swing	15:00	23:00	8	
2026-09-12	Sat	A	Day	07:00	15:00	8	
2026-09-12	Sat	C	Night	23:00	07:00	8	
2026-09-12	Sat	D	Swing	15:00	23:00	8	
2026-09-13	Sun	A	Day	07:00	15:00	8	
2026-09-13	Sun	C	Night	23:00	07:00	8	
2026-09-13	Sun	D	Swing	15:00	23:00	8	
2026-09-14	Mon	B	Day	07:00	15:00	8	
2026-09-14	Mon	C	Night	23:00	07:00	8	
2026-09-14	Mon	D	Swing	15:00	23:00	8	
2026-09-15	Tue	B	Day	07:00	15:00	8	
2026-09-15	Tue	C	Night	23:00	07:00	8	
2026-09-15	Tue	D	Swing	15:00	23:00	8	
2026-09-16	Wed	A	Swing	15:00	23:00	8	
2026-09-16	Wed	B	Day	07:00	15:00	8	

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
2026-09-16	Wed	C	Night	23:00	07:00	8	
2026-09-17	Thu	A	Swing	15:00	23:00	8	
2026-09-17	Thu	B	Day	07:00	15:00	8	
2026-09-17	Thu	C	Night	23:00	07:00	8	
2026-09-18	Fri	A	Swing	15:00	23:00	8	
2026-09-18	Fri	B	Day	07:00	15:00	8	
2026-09-18	Fri	D	Night	23:00	07:00	8	
2026-09-19	Sat	A	Swing	15:00	23:00	8	
2026-09-19	Sat	B	Day	07:00	15:00	8	
2026-09-19	Sat	D	Night	23:00	07:00	8	
2026-09-20	Sun	A	Swing	15:00	23:00	8	
2026-09-20	Sun	B	Day	07:00	15:00	8	
2026-09-20	Sun	D	Night	23:00	07:00	8	
2026-09-21	Mon	A	Swing	15:00	23:00	8	
2026-09-21	Mon	C	Day	07:00	15:00	8	
2026-09-21	Mon	D	Night	23:00	07:00	8	
2026-09-22	Tue	A	Swing	15:00	23:00	8	
2026-09-22	Tue	C	Day	07:00	15:00	8	
2026-09-22	Tue	D	Night	23:00	07:00	8	
2026-09-23	Wed	B	Swing	15:00	23:00	8	
2026-09-23	Wed	C	Day	07:00	15:00	8	
2026-09-23	Wed	D	Night	23:00	07:00	8	
2026-09-24	Thu	B	Swing	15:00	23:00	8	
2026-09-24	Thu	C	Day	07:00	15:00	8	
2026-09-24	Thu	D	Night	23:00	07:00	8	
2026-09-25	Fri	A	Night	23:00	07:00	8	
2026-09-25	Fri	B	Swing	15:00	23:00	8	
2026-09-25	Fri	C	Day	07:00	15:00	8	
2026-09-26	Sat	A	Night	23:00	07:00	8	
2026-09-26	Sat	B	Swing	15:00	23:00	8	
2026-09-26	Sat	C	Day	07:00	15:00	8	
2026-09-27	Sun	A	Night	23:00	07:00	8	

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
2026-09-27	Sun	B	Swing	15:00	23:00	8	
2026-09-27	Sun	C	Day	07:00	15:00	8	
2026-09-28	Mon	A	Night	23:00	07:00	8	
2026-09-28	Mon	B	Swing	15:00	23:00	8	
2026-09-28	Mon	D	Day	07:00	15:00	8	
2026-09-29	Tue	A	Night	23:00	07:00	8	
2026-09-29	Tue	B	Swing	15:00	23:00	8	
2026-09-29	Tue	D	Day	07:00	15:00	8	
2026-09-30	Wed	A	Night	23:00	07:00	8	
2026-09-30	Wed	C	Swing	15:00	23:00	8	
2026-09-30	Wed	D	Day	07:00	15:00	8	
2026-10-01	Thu	A	Night	23:00	07:00	8	
2026-10-01	Thu	C	Swing	15:00	23:00	8	
2026-10-01	Thu	D	Day	07:00	15:00	8	
2026-10-02	Fri	B	Night	23:00	07:00	8	
2026-10-02	Fri	C	Swing	15:00	23:00	8	
2026-10-02	Fri	D	Day	07:00	15:00	8	
2026-10-03	Sat	B	Night	23:00	07:00	8	
2026-10-03	Sat	C	Swing	15:00	23:00	8	
2026-10-03	Sat	D	Day	07:00	15:00	8	
2026-10-04	Sun	B	Night	23:00	07:00	8	
2026-10-04	Sun	C	Swing	15:00	23:00	8	
2026-10-04	Sun	D	Day	07:00	15:00	8	
Shifts per day (should be 3)							Day + swing + night, every day. Below 3 means an uncovered shift.
Total real hours							All four teams over 4 weeks, 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
Real hours – team D							Over 4 weeks; divide by 4 for the weekly average

How to use this sheet

Date	Day	Team	Shift	Starts	Ends	Real hours	Note
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1. Four teams on a 28-day Southern Swing: seven days, two off, seven swings, two off, seven nights, three off. Days are 07:00–15:00, swings 15:00–23:00, nights 23:00–07:00, so the three shifts meet end to end and no hour is uncovered.
2. Every team averages 42 hours a week. That is arithmetic rather than a design choice: 168 hours a week divided by four teams is 42, and no rearrangement of the pattern changes the total.
3. The rotation runs forward — days, then swings, then nights — which is the direction the body adjusts to more easily. It also means every team carries an equal share of nights, instead of two teams carrying all of them forever.
4. Hours are real elapsed time in America/New_York. An 8-hour 23:00–07:00 night is 7 hours the night the clocks go forward and 9 the night they go back.
5. No shift in this date range crosses a clocks change, so every night here is exactly 8 hours. Ask for a range covering the change and the column will say 7 or 9.
6. The shifts-per-day row is a formula, so it keeps checking itself as you edit. If it drops below 3, an hour of the day has nobody in it.
7. Change the range or the timezone with the start and tz options on the download link.