

## Who's Awake Trade Timing

Since the highest volume of trading for a currency is during the time its Market is open, it is smart to:

1. Trade a currency during the first 3-4 hours of that market.

However, since the currency is traded against another currency, it is possible to extend the trading time in two ways:

1. After the primary market into the market of the other currency of the pair, such as the EUR/USD from 8am-12 noon EST. Less volatile.
2. After the market into the evening, when non-institutional traders may be trading, marked OK in non-shaded areas below. Much less volatile, unless follows Guideline 2.

### 11/3/07 - 3/9/08 Trading Schedule (OK = trade against USD)

Time (GMT)	EDT (GMT-5)	EUR CHF (GMT+1)	GBP (GMT)	USD & CAD* (EDT, GMT-4)	AUD (GMT+11)	JPY (GMT+9)		CDT, (GMT-6)	MDT, (GMT-7)	PDT, (GMT-8)
07:00	2 AM	PEAK		<- GOOD EU OK ->JPY		OK		1:00	12:00	11:00
08:00	3 AM	PEAK	PEAK	<- GOOD				2:00	1:00	12:00
09:00	4 AM	PEAK	PEAK	<- GOOD				3:00	2:00	1:00
10:00	5 AM	GOOD	PEAK	<- GOOD				4:00	3:00	2:00
11:00	6 AM	OK	GOOD	<- GOOD				5:00	4:00	3:00
12:00	7 AM	OK	OK	<- GOOD				6:00	5:00	4:00
13:00	8 AM	OK	OK	<- PEAK OK ->	OK	OK		7:00	6:00	5:00
14:00	9 AM	OK	OK	<- PEAK OK ->	OK	OK		8:00	7:00	6:00
15:00	10 AM	OK	OK	<- GOOD EU OK ->	OK	OK		9:00	8:00	7:00
16:00	11 AM	OK	OK	<- GOOD GBP EU <- OK ->	OK	OK		10:00	9:00	8:00
17:00	12 PM	OK	OK	<- OK->	OK	OK		11:00	10:00	9:00
18:00	1 PM	OK	OK	<- OK->	OK	OK		12:00	11:00	10:00
19:00	2 PM	OK	OK	<- OK->	OK	OK		1:00	12:00	11:00
20:00	3 PM			<- OK->	OK	OK		2:00	1:00	12:00
21:00	4 PM			OK -> AUD	PEAK			3:00	2:00	1:00
22:00	5 PM			OK -> AUD	PEAK			4:00	3:00	2:00
23:00	6 PM			OK ->	PEAK	PEAK		5:00	4:00	3:00
00:00	7 PM			OK ->	GOOD	PEAK		6:00	5:00	4:00
01:00	8 PM			OK ->	OK	PEAK		7:00	6:00	5:00
02:00	9 PM			OK ->	OK	GOOD		8:00	7:00	6:00
03:00	10 PM			OK ->	OK	OK		9:00	8:00	7:00
04:00	11 PM			OK ->	OK	OK		10:00	9:00	8:00
05:00	12 AM			OK ->	OK	OK		11:00	10:00	9:00
06:00	1 AM			OK -> JPY		OK		12:00	11:00	10:00
	<b>Days:</b>	<b>Mo-Fr</b>	<b>Mo-Fr</b>	<b>Mo-Fr</b>	<b>Su-Th</b>	<b>Su-Th</b>				

\* Shows times to trade the USD & CAD against the European (<-) or the Asian currencies (->)  
Follow Guideline 2 for the other currency pairs, such as the EUR/JPY and the GBP/JPY.

Note: Daylight savings time in Europe, North America, Australia switches at different times some years and seasons, starting in 2007, see: [www.timeanddate.com/time/dst2008.html](http://www.timeanddate.com/time/dst2008.html)

Another version:

<b>Local Time Market Opens &amp; Closes November 4 2007 - March 9 2008</b>									
<b>Event</b>	<b>GMT</b>	<b>EU</b>	<b>UK</b>	<b>US ET</b>	<b>US CT</b>	<b>US MT</b>	<b>US PT</b>	<b>AU</b>	<b>JP</b>
<b>EU Open</b>	700	<b>800</b>	700	200	100	0	2300	1800	1600
<b>UK Open</b>	800	900	<b>800</b>	300	200	100	0	1900	1700
<b>US Open</b>	1300	1400	1300	<b>800</b>	<b>700</b>	<b>600</b>	<b>500</b>	0	2200
<b>AU Open</b>	2100	2200	2100	1600	1500	1400	1300	<b>800</b>	600
<b>JP Open</b>	2300	0	2300	1800	1700	1600	1500	1000	<b>800</b>
<b>EU Close</b>	1600	<b>1700</b>	1600	1100	1000	900	800	300	100
<b>UK Close</b>	1700	1800	<b>1700</b>	1200	1100	1000	900	400	200
<b>US Close</b>	2000	2100	2000	<b>1500</b>	<b>1400</b>	<b>1300</b>	<b>1200</b>	700	500
<b>AU Close</b>	600	700	600	100	0	2300	2200	<b>1700</b>	1500
<b>JP Close</b>	800	900	800	300	200	100	0	1900	<b>1700</b>

US, most of Canada go back to Daylight Savings Time DST March 9 until November 2, 2008

All other Northern Hemisphere countries back on DST and AU off DST March 30 until October 26, 2008

Reference: <http://www.timeanddate.com/time/dst2008.html>

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