THE ENDURANCE DIARIES · FREE PRINTABLE

Clock-Change Ride Check

October / November 2026 · Write every time in **SAST (UTC+2)** · Only fill in what you've actually verified

Sun 25 Oct
UK & EU clocks go back one hour

Sun 1 Nov
US clocks go back (DST areas only)

No SA change
SAST stays UTC+2 all year

Which clock does your event follow?

Fixed to UTC — The **SAST start stays the same** before and after the change.

Organiser's local time — After their change, the **SAST start moves one hour later**.

Not sure — Don't guess. Check the **dated** listing in Zwift Companion, then ask the organiser.

Cheat sheet: organiser time → SAST

ORGANISER CLOCK	BEFORE CHANGE	AFTER CHANGE	FROM
UTC	add 2 h	add 2 h	never moves
UK	add 1 h	**add 2 h**	25 Oct
Central Europe	same time	**add 1 h**	25 Oct
US Eastern	add 6 h	**add 7 h**	1 Nov
US Pacific	add 9 h	**add 10 h**	1 Nov

e.g. a ride kept at 19:00 UK time: 20:00 SAST before 25 Oct, 21:00 SAST after. Watch for starts that roll past midnight into the next SA date.

1. Set your phone to SA time
2. Open the **dated** event in Companion
3. Compare with the organiser's latest info
4. Update calendar + warm-up
5. Recheck on race day

Ride 1

EVENT _____

DATE _____ VERIFIED SAST START _____ WARM-UP (SAST) _____

EVENT LINK _____

ORGANISER CLOCK ☐ UTC ☐ Organiser local ☐ Not sure yet

☐ Phone on SA time ☐ Dated listing checked ☐ Organiser info matches ☐ Calendar updated ☐ Reminder set

☐ Rechecked on the day

Ride 2

EVENT _____

DATE _____ VERIFIED SAST START _____ WARM-UP (SAST) _____

EVENT LINK _____

ORGANISER CLOCK ☐ UTC ☐ Organiser local ☐ Not sure yet

☐ Phone on SA time ☐ Dated listing checked ☐ Organiser info matches ☐ Calendar updated ☐ Reminder set

☐ Rechecked on the day

Ride 3

EVENT _____

DATE _____ VERIFIED SAST START _____ WARM-UP (SAST) _____

EVENT LINK _____

ORGANISER CLOCK ☐ UTC ☐ Organiser local ☐ Not sure yet

☐ Phone on SA time ☐ Dated listing checked ☐ Organiser info matches ☐ Calendar updated ☐ Reminder set

☐ Rechecked on the day

The in-between week (25 Oct – 1 Nov): UK and European events may already have moved while US events haven't yet. Check each ride on its own.

Don't double-convert: if your phone is set to SA time, Companion already shows the start in your local time. Don't add another two hours.

Sources checked 20 Oct 2026: GOV.UK · Government.nl (EU) · NIST · NMISA · Zwift forums

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