FAST DAYS: WHEN THEY START

Fasts that Start 72 Minutes before Sunrise

All fasts start 72 minutes (normal time) before sunrise except for the *Ninth of Av* and *Yom Kippur*. These include:

- *17th of Tamuz*
- *10th of Tevet*
- *Tzom Gedalia*
- *Fast of Esther*
- Fast by a groom and bride on their wedding day
- Fast for first-born males on the day before *Passover*. This includes first-born *cohanim* and *Levites* (*levi'im)*.

NOTE Unlike most times in the Jewish calendar, this 72 minutes is normal time and NOT based on the current length of the day (*sha'a zmanit*).

Fast Days and Crossing International Dateline

Your fast-day times are determined by where you ARE, not where you started traveling or where you are heading. This means that when you reach sunset (plus enough time for the sky to get dark), your fast is over.

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