

Updated: 9/4/18

EAB 901	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	Relief	DH 290/49	448	449	448	449
Sign Up			11:00A ALB	1:36P ALB	12:10P BOS	1:36P ALB	12:10P BOS
Departure			11:10A ALB	3:05P ALB	12:50P BOS	3:05P ALB	12:50P BOS
Arrival			1:45P NYP	8:01P BOS	6:00P ALB	8:01P BOS	6:00P ALB
Sign Off			1:45 NYP	8:26P BOS	6:25P ALB	8:26P BOS	6:25P ALB
Sign Up			3:00P NYP				
Departure			3:40P NYP				
Arrival			6:20P ALB				
Sign Off			6:45P ALB				

EAB 902	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	448	449	448	449	232/233	Relief	Relief
Sign Up	1:36P ALB	12:10P BOS	1:36P ALB	12:10P BOS	4:55A ALB		
Departure	3:05P ALB	12:50P BOS	3:05P ALB	12:50P BOS	5:55A ALB		
Arrival	8:01P BOS	6:00P ALB	8:01P BOS	6:00P ALB	8:15A NYP		
Sign Off	8:26P BOS	6:25P ALB	8:26P BOS	6:25P ALB	8:40A NYP		
Sign Up					10:40A NYP		
Departure					11:20A NYP		
Arrival					1:50P ALB		
Sign Off					2:15P ALB		

EAB 903	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	449	448	449	Relief	Relief	DH 290/49	448
Sign Up	12:10P BOS	1:36P ALB	12:10P BOS			11:00A ALB	1:36P ALB
Departure	12:50P BOS	3:05P ALB	12:50P BOS			11:10A ALB	3:05P ALB
Arrival	6:00P ALB	8:01P BOS	6:00P ALB			1:45P NYP	8:01P BOS
Sign Off	6:25P ALB	8:26P BOS	6:25P ALB			1:45 NYP	8:26P BOS
Sign Up						3:00P NYP	
Departure						3:40P NYP	
Arrival						6:20P ALB	
Sign Off						6:45P ALB	

EAB 904	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	295	290	Relief	Relief	448	449	Yard
Sign Up	5:00P ALB	7:35A RUD			1:36P ALB	12:10P BOS	1:00P ALB
Departure	6:00P ALB	8:15A RUD			3:05P ALB	12:50P BOS	
Arrival	8:48P RUD	10:50A ALB			8:01P BOS	6:00P ALB	
Sign Off	9:48P RUD	11:15A ALB			8:26P BOS	6:25P ALB	9:00P ALB
Sign Up							
Departure							
Arrival							
Sign Off							

EAM 701	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	69	68	69	68	234/283	Relief
Sign Up		10:10A ALB	8:20A MTR	10:10A ALB	8:20A MTR	6:20A ALB	
Departure		11:10A ALB	10:20A MTR	11:10A ALB	10:20A MTR	7:00A ALB	
Arrival		7:11P MTR	5:40P ALB	7:11P MTR	5:40P ALB	9:20A NYP	
Sign Off		9:11P MTR	6:05P ALB	9:11P MTR	6:05P ALB	9:45A NYP	
Sign Up						12:40A NYP	
Departure						1:20P NYP	
Arrival						3:45P ALB	
Sign Off						4:10P ALB	

EAM 702	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	Relief	69	68	69	68	Yard
Sign Up			10:10A ALB	8:20A MTR	10:10A ALB	8:20A MTR	6:00A ALB
Departure			11:10A ALB	10:20A MTR	11:10A ALB	10:20A MTR	
Arrival			7:11P MTR	5:40P ALB	7:11P MTR	5:40P ALB	
Sign Off			9:11P MTR	6:05P ALB	9:11P MTR	6:05P ALB	3:00P ALB
Sign Up							
Departure							
Arrival							
Sign Off							

EAM 706	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	69 (2nd Eng)	68 (2nd Eng)	Yard	Relief	Relief	69 (2nd Eng)	68 (2nd Eng)
Sign Up	10:10A ALB	8:20A MTR	1:00P ALB			10:10A ALB	8:20A MTR
Departure	11:10A ALB	10:20A MTR				11:10A ALB	10:20A MTR
Arrival	7:11P MTR	5:40P ALB				7:11P MTR	5:40P ALB
Sign Off	9:11P MTR	6:05P ALB	9:00P ALB			9:11P MTR	6:05P ALB
Sign Up							
Departure							
Arrival							
Sign Off							

EAM 707	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	68 (2nd Eng)	Relief	Relief	63/64	63/64	Yard	69 (2nd Eng)
Sign Up	8:20A MTR			9:00A ALB	9:00A ALB	1:00P ALB	10:10A ALB
Departure	10:20A MTR			10:00A ALB	10:00A ALB		11:10A ALB
Arrival	5:40P ALB			12:43P SYR	12:43P SYR		7:11P MTR
Sign Off	6:05P ALB			12:53P SYR	12:53P SYR	9:00P ALB	9:11P MTR
Sign Up				3:08P SYR	3:08P SYR		
Departure				3:28P SYR	3:28P SYR		
Arrival				6:39P ALB	6:39P ALB		
Sign Off				7:04P ALB	7:04P ALB		

EAM 708	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	68	DH 290/49	63/64	Relief	Relief	63/64	69
Sign Up	8:20A MTR	11:00A ALB	9:00A ALB			9:00A ALB	10:10A ALB
Departure	10:20A MTR	11:10A ALB	10:00A ALB			10:00A ALB	11:10A ALB
Arrival	5:40P ALB	1:45P NYP	12:43P SYR			12:43P SYR	7:11P MTR
Sign Off	6:05P ALB	1:45 NYP	12:53P SYR			12:53P SYR	9:11P MTR
Sign Up		3:00P NYP	3:08P SYR			3:08P SYR	
Departure		3:40P NYP	3:28P SYR			3:28P SYR	
Arrival		6:20P ALB	6:39P ALB			6:39P ALB	
Sign Off		6:45P ALB	7:04P ALB			7:04P ALB	

EAR 701	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	Yard	291	290	291	290	Relief
Sign Up		1:00P ALB	4:05P ALB	7:35A RUD	4:05P ALB	7:35A RUD	
Departure			5:05P ALB	8:15A RUD	5:05P ALB	8:15A RUD	
Arrival			7:52P RUD	10:50A ALB	7:52P RUD	10:50A ALB	
Sign Off		9:00P ALB	8:52P RUD	11:15A ALB	8:52P RUD	11:15A ALB	
Sign Up							
Departure							
Arrival							
Sign Off							

EAR 702	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Yard	Relief	Relief	291	290	293	292
Sign Up	6:00A ALB			4:05P ALB	7:35A RUD	7:30P ALB	10:35A RUD
Departure				5:05P ALB	8:15A RUD	8:30P ALB	11:15A RUD
Arrival				7:52P RUD	10:50A ALB	11:18P RUD	1:55P ALB
Sign Off	3:00P ALB			8:52P RUD	11:15A ALB	12:18A RUD	2:20P ALB
Sign Up							
Departure							
Arrival							
Sign Off							

EAR 703	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	296	291	290	Yard	Relief	Relief	295
Sign Up	4:25P RUD	4:05P ALB	7:35A RUD	1:00P ALB			5:00P ALB
Departure	5:05P RUD	5:05P ALB	8:15A RUD				6:00P ALB
Arrival	7:45P ALB	7:52P RUD	10:50A ALB				8:48P RUD
Sign Off	8:10P ALB	8:52P RUD	11:15A ALB	9:00P ALB			9:48P RUD
Sign Up							
Departure							
Arrival							
Sign Off							

EAY 701	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	234/283	234/283	236/291	244	63	Relief
Sign Up		6:20A ALB	6:15A ALB	7:45A ALB	3:30P ALB	6:25A NYP	
Departure		7:00A ALB	6:55A ALB	8:25A ALB	4:10P ALB	7:15A NYP	
Arrival		9:20A NYP	9:24A NYG	10:50A NYP	6:45P NYP	9:50A ALB	
Sign Off		9:45A NYP	9:49A NYG	11:15A NYP	7:10P NYP	10:15A ALB	
Sign Up		12:40A NYP	11:35A NYG	1:40P NYP			
Departure		1:20P NYP	12:15P NYG	2:20P NYP			
Arrival		3:45P ALB	2:45P ALB	4:50P ALB			
Sign Off		4:10P ALB	3:10P ALB	5:15P ALB			

EAY 702	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	236/291	236/291	232/233	64	69	Relief
Sign Up		7:45A ALB	7:45A ALB	4:55A ALB	6:00P ALB	7:25A NYP	
Departure		8:25A ALB	8:25A ALB	5:55A ALB	7:15P ALB	8:15A NYP	
Arrival		10:50A NYP	10:50A NYP	8:15A NYP	9:50P NYP	10:47A ALB	
Sign Off		11:15A NYP	11:15A NYP	8:40A NYP	10:15P NYP	11:12A ALB	
Sign Up		1:40P NYP	1:40P NYP	10:40A NYP			
Departure		2:20P NYP	2:20P NYP	11:20A NYP			
Arrival		4:50P ALB	4:50P ALB	1:50P ALB			
Sign Off		5:15P ALB	5:15P ALB	2:15P ALB			

EAY 704	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	Relief	280/235	280/235	280/235	244	63
Sign Up			9:03A ALB	9:03A ALB	9:03A ALB	3:30P ALB	6:25A NYP
Departure			10:05A ALB	10:05A ALB	10:05A ALB	4:10P ALB	7:15A NYP
Arrival			12:45P NYP	12:45P NYP	12:45P NYP	6:45P NYP	9:50A ALB
Sign Off			1:10P NYP	1:10P NYP	1:10P NYP	7:10P NYP	10:15A ALB
Sign Up			2:35P NYP	2:35P NYP	2:35P NYP		
Departure			3:15P NYP	3:15P NYP	3:15P NYP		
Arrival			5:45P ALB	5:45P ALB	5:45P ALB		
Sign Off			6:10P ALB	6:10P ALB	6:10P ALB		

EAY705	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	64	69	232/233	234/283	236/291	Relief	Relief
Sign Up	6:00P ALB	7:25A NYP	4:55A ALB	6:20A ALB	7:45A ALB		
Departure	7:15P ALB	8:15A NYP	5:55A ALB	7:00A ALB	8:25A ALB		
Arrival	9:50P NYP	10:47A ALB	8:15A NYP	9:20A NYP	10:50A NYP		
Sign Off	10:15P NYP	11:12A ALB	8:40A NYP	9:45A NYP	11:15A NYP		
Sign Up			10:40A NYP	12:40A NYP	1:40P NYP		
Departure			11:20A NYP	1:20P NYP	2:20P NYP		
Arrival			1:50P ALB	3:45P ALB	4:50P ALB		
Sign Off			2:15P ALB	4:10P ALB	5:15P ALB		

EAY706	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	Relief	244	63	234/283	230/281	250/281
Sign Up			3:30P ALB	6:25A NYP	6:20A ALB	4:10A ALB	5:15A ALB
Departure			4:10P ALB	7:15A NYP	7:00A ALB	5:10A ALB	6:15A ALB
Arrival			6:45P NYP	9:50A ALB	9:20A NYP	7:30A NYP	8:45A NYP
Sign Off			7:10P NYP	10:15A ALB	9:45A NYP	7:55A NYP	9:10A NYP
Sign Up					12:40A NYP	9:40A NYP	9:40A NYP
Departure					1:20P NYP	10:20A NYP	10:20A NYP
Arrival					3:45P ALB	12:45P ALB	12:45P ALB
Sign Off					4:10P ALB	1:10P ALB	1:10P ALB

EAY707	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	256/259	242/243	242/243	244	63	Relief	Relief
Sign Up	1:30P ALB	2:35P ALB	2:35P ALB	3:30P ALB	6:25A NYP		
Departure	2:10P ALB	3:15P ALB	3:15P ALB	4:10P ALB	7:15A NYP		
Arrival	4:45P NYP	5:48P NYP	5:48P NYP	6:45P NYP	9:50A ALB		
Sign Off	5:10P NYP	6:13P NYP	6:13P NYP	7:10P NYP	10:15A ALB		
Sign Up	8:35P NYP	8:15P NYP	8:15P NYP				
Departure	9:15P NYP	8:55P NYP	8:55P NYP				
Arrival	11:45P ALB	11:25P ALB	11:25P ALB				
Sign Off	12:10A ALB	11:50P ALB	11:50P ALB				

EAY720	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	48/DH 241	48/DH 241	48/DH 241	48/DH 241	Relief	Relief	48/DH 241
Sign Up	1:36P ALB	1:36P ALB	1:36P ALB	1:36P ALB			1:36P ALB
Departure	3:45P ALB	3:45P ALB	3:45P ALB	3:45P ALB			3:45P ALB
Arrival	6:23P NYP	6:23P NYP	6:23P NYP	6:23P NYP			6:23P NYP
Sign Off	6:48P NYP	6:48P NYP	6:48P NYP	6:48P NYP			6:48P NYP
Sign Up	7:05P NYP	7:05P NYP	7:05P NYP	7:05P NYP			7:05P NYP
Departure	7:15P NYP	7:15P NYP	7:15P NYP	7:15P NYP			7:15P NYP
Arrival	9:45P ALB	9:45P ALB	9:45P ALB	9:45P ALB			9:45P ALB
Sign Off	9:45P ALB	9:45P ALB	9:45P ALB	9:45P ALB			9:45P ALB

EAGCT10	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	63	Relief	Relief	290/237	DH 290/49	232/233	244
Sign Up	6:25A NYP			10:11A ALB	11:00A ALB	4:55A ALB	3:30P ALB
Departure	7:15A NYP			11:10A ALB	11:10A ALB	5:55A ALB	4:10P ALB
Arrival	9:50A ALB			1:45P NYP	1:45P NYP	8:15A NYP	6:45P NYP
Sign Off	10:15A ALB			2:10P NYP	1:45 NYP	8:40A NYP	7:10P NYP
Sign Up				4:00P NYP	3:00P NYP	10:40A NYP	
Departure				4:40P NYP	3:40P NYP	11:20A NYP	
Arrival				7:00P ALB	6:20P ALB	1:50P ALB	
Sign Off				7:25P ALB	6:45P ALB	2:15P ALB	

EAGCT11	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	64	63	290/237	Relief	Relief	68/245	68/261
Sign Up	6:00P ALB	6:25A NYP	10:11A ALB			5:06P ALB	5:06P ALB
Departure	7:15P ALB	7:15A NYP	11:10A ALB			6:15P ALB	6:15P ALB
Arrival	9:50P NYP	9:50A ALB	1:45P NYP			8:50P NYP	8:50P NYP
Sign Off	10:15P NYP	10:15A ALB	2:10P NYP			9:15P NYP	9:15P NYP
Sign Up			4:00P NYP			10:05P NYP	10:55P NYP
Departure			4:40P NYP			10:45P NYP	11:35P NYP
Arrival			7:00P ALB			1:15A ALB	2:05A ALB
Sign Off			7:25P ALB			1:40A ALB	2:50A ALB

EAGCT12	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	63/64	290/237	68/245	Relief	Relief	64	69
Sign Up	9:00A ALB	10:11A ALB	5:06P ALB			6:00P ALB	7:25A NYP
Departure	10:00A ALB	11:10A ALB	6:15P ALB			7:15P ALB	8:15A NYP
Arrival	12:43P SYR	1:45P NYP	8:50P NYP			9:50P NYP	10:47 ALB
Sign Off	12:53P SYR	2:10P NYP	9:15P NYP			10:15P NYP	11:12A ALB
Sign Up	3:08P SYR	4:00P NYP	10:05P NYP				
Departure	3:28P SYR	4:40P NYP	10:45P NYP				
Arrival	6:39P ALB	7:00P ALB	1:15A ALB				
Sign Off	7:04P ALB	7:25P ALB	1:40A ALB				

EAGCT13	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	250/233	64	69	Relief	Relief	238/293	260/283
Sign Up	5:15A ALB	6:00P ALB	7:25A NYP			11:30A ALB	7:30A ALB
Departure	6:15A ALB	7:15P ALB	8:15A NYP			12:10P ALB	8:10A ALB
Arrival	8:45A NYP	9:50P NYP	10:47A ALB			2:45P NYP	10:40A NYP
Sign Off	9:10A NYP	10:15P NYP	11:12A ALB			3:10P NYP	11:05A NYP
Sign Up	10:40A NYP					5:07P NYP	12:40P NYP
Departure	11:20A NYP					5:47P NYP	1:20P NYP
Arrival	1:50P ALB					8:20P ALB	3:45P ALB
Sign Off	2:15P ALB					8:45P ALB	4:10P ALB

EAGCT14	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	238/253	280/235	64	69	Relief	Relief	238/253
Sign Up	11:30A ALB	9:03A ALB	6:00P ALB	7:25A NYP			11:30A ALB
Departure	12:10P ALB	10:05A ALB	7:15P ALB	8:15A NYP			12:10P ALB
Arrival	2:45P NYP	12:45P NYP	9:50P NYP	10:47A ALB			2:45P NYP
Sign Off	3:10P NYP	1:10P NYP	10:15P NYP	11:12A ALB			3:10P NYP
Sign Up	4:35P NYP	2:35P NYP					4:35P NYP
Departure	5:15P NYP	3:15P NYP					5:15P NYP
Arrival	7:45P ALB	5:45P ALB					7:45P ALB
Sign Off	8:10P ALB	6:10P ALB					8:10P ALB

EAGCT15	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	DH 254/49	238/239	238/239	242/243	242/243	Relief	Relief
Sign Up	10:00A ALB	11:30A ALB	11:30A ALB	2:35P ALB	2:35P ALB		
Departure	10:10A ALB	12:10P ALB	12:10P ALB	3:15P ALB	3:15P ALB		
Arrival	12:45P NYP	2:45P NYP	2:45P NYP	5:48P NYP	5:48P NYP		
Sign Off	12:45P NYP	3:10P NYP	3:10P NYP	6:13P NYP	6:13P NYP		
Sign Up	3:00P NYP	5:07P NYP	5:07P NYP	8:15P NYP	8:15P NYP		
Departure	3:40P NYP	5:47P NYP	5:47P NYP	8:55P NYP	8:55P NYP		
Arrival	6:20P ALB	8:20P ALB	8:20P ALB	11:25P ALB	11:25P ALB		
Sign Off	6:45P ALB	8:45P ALB	8:45P ALB	11:50P ALB	11:50P ALB		

EAGCT16	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	DH 250/281	230/281	230/281	230/281	230/281	Relief	Relief
Sign Up	6:05A ALB	4:10A ALB	4:10A ALB	4:10A ALB	4:10A ALB		
Departure	6:15A ALB	5:10A ALB	5:10A ALB	5:10A ALB	5:10A ALB		
Arrival	8:45A NYP	7:30A NYP	7:30A NYP	7:30A NYP	7:30A NYP		
Sign Off	8:45A NYP	7:55A NYP	7:55A NYP	7:55A NYP	7:55A NYP		
Sign Up	9:40A NYP	9:40A NYP	9:40A NYP	9:40A NYP	9:40A NYP		
Departure	10:20A NYP	10:20A NYP	10:20A NYP	10:20A NYP	10:20A NYP		
Arrival	12:45P ALB	12:45P ALB	12:45P ALB	12:45P ALB	12:45P ALB		
Sign Off	1:10P ALB	1:10P ALB	1:10P ALB	1:10P ALB	1:10P ALB		

EAGCT17	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	284/241	284/241	Relief	Relief	68/245	242/243	63/64
Sign Up	11:59A ALB	11:59A ALB			5:06P ALB	2:35P ALB	9:00A ALB
Departure	1:05P ALB	1:05P ALB			6:15P ALB	3:15P ALB	10:00A ALB
Arrival	3:45P NYP	3:45P NYP			8:50P NYP	5:48P NYP	12:43P SYR
Sign Off	4:10P NYP	4:10P NYP			9:15P NYP	6:13P NYP	12:53P SYR
Sign Up	6:35P NYP	6:35P NYP			10:05P NYP	8:15P NYP	3:08P SYR
Departure	7:15P NYP	7:15P NYP			10:45P NYP	8:55P NYP	3:28P SYR
Arrival	9:45P ALB	9:45P ALB			1:15A ALB	11:25P ALB	6:39P ALB
Sign Off	10:10P ALB	10:10P ALB			1:40A ALB	11:50P ALB	7:04P ALB

EAGCT18	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	68/261	68/245	Relief	Relief	284/241	284/241	284/241
Sign Up	5:06P ALB	5:06P ALB			11:59A ALB	11:59A ALB	11:59A ALB
Departure	6:15P ALB	6:15P ALB			1:05P ALB	1:05P ALB	1:05P ALB
Arrival	8:50P NYP	8:50P NYP			3:45P NYP	3:45P NYP	3:45P NYP
Sign Off	9:15P NYP	9:15P NYP			4:10P NYP	4:10P NYP	4:10P NYP
Sign Up	10:55P NYP	10:05P NYP			6:35P NYP	6:35P NYP	6:35P NYP
Departure	11:35P NYP	10:45P NYP			7:15P NYP	7:15P NYP	7:15P NYP
Arrival	2:05A ALB	1:15A ALB			9:45P ALB	9:45P ALB	9:45P ALB
Sign Off	2:50A ALB	1:40A ALB			10:10P ALB	10:10P ALB	10:10P ALB

EAGCT19	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	260/283	232/233	284/241	68/245	Relief	Relief	252/233
Sign Up	7:30A ALB	4:55A ALB	11:59A ALB	5:06P ALB			6:35A ALB
Departure	8:10A ALB	5:55A ALB	1:05P ALB	6:15P ALB			7:15A ALB
Arrival	10:40A NYP	8:15A NYP	3:45P NYP	8:50P NYP			9:45A NYP
Sign Off	11:05A NYP	8:40A NYP	4:10P NYP	9:15P NYP			10:10A NYP
Sign Up	12:40P NYP	10:40A NYP	6:35P NYP	10:05P NYP			10:40A NYP
Departure	1:20P NYP	11:20A NYP	7:15P NYP	10:45P NYP			11:20A NYP
Arrival	3:45P ALB	1:50P ALB	9:45P ALB	1:15A ALB			1:50P ALB
Sign Off	4:10P ALB	2:15P ALB	10:10P ALB	1:40A ALB			2:15P ALB

EALGCT3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	244/DH 241	244	63	238/239	238/239	Relief	Relief
Sign Up	3:30P ALB	3:30P ALB	6:25A NYP	11:30A ALB	11:30A ALB		
Departure	4:10P ALB	4:10P ALB	7:15A NYP	12:10P ALB	12:10P ALB		
Arrival	6:45P NYP	6:45P NYP	9:50A ALB	2:45P NYP	2:45P NYP		
Sign Off	7:10P NYP	7:10P NYP	10:15A ALB	3:10P NYP	3:10P NYP		
Sign Up	7:10P NYP			5:07P NYP	5:07P NYP		
Departure	7:15P NYP			5:47P NYP	5:47P NYP		
Arrival	9:45P ALB			8:20P ALB	8:20P ALB		
Sign Off	9:45P ALB			8:45P ALB	8:45P ALB		

EALGCT8	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	254/295	Relief	Relief	64	69	290/237	280/295
Sign Up	9:30A ALB			6:00P ALB	7:25A NYP	10:11A ALB	9:03A ALB
Departure	10:10A ALB			7:15P ALB	8:15A NYP	11:10A ALB	10:10A ALB
Arrival	12:45P NYP			9:50P NYP	10:47A ALB	1:45P NYP	12:45P NYP
Sign Off	1:10P NYP			10:15P NYP	11:12A ALB	2:10P NYP	1:10P NYP
Sign Up	2:35P NYP					4:00P NYP	2:35P NYP
Departure	3:15P NYP					4:40P NYP	3:15P NYP
Arrival	5:45P ALB					7:00P ALB	5:45P ALB
Sign Off	6:10P ALB					7:25P ALB	6:10P ALB

EALGCT9	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	69	Relief	Relief	284/241	290/237	236/255	64
Sign Up	7:25A NYP			11:59A ALB	10:11A ALB	7:45A ALB	6:00P ALB
Departure	8:15A NYP			1:05P ALB	11:10A ALB	8:25A ALB	7:15P ALB
Arrival	10:47A ALB			3:45P NYP	1:45P NYP	10:50A NYP	9:50P NYP
Sign Off	11:12A ALB			4:10P NYP	2:10P NYP	11:15A NYP	10:15P NYP
Sign Up				6:35P NYP	4:00P NYP	1:40P NYP	
Departure				7:15P NYP	4:40P NYP	2:20P NYP	
Arrival				9:45P ALB	7:00P ALB	4:50P ALB	
Sign Off				10:10P ALB	7:25P ALB	5:15P ALB	

EAS 701	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	283	284	281	280/283	284	Relief
Sign Up		3:00P ALB	9:36A SYR	12:00P ALB	6:41A SYR	9:36A SYR	
Departure		4:00P ALB	9:56A SYR	1:00P ALB	7:01A SYR	9:56A SYR	
Arrival		6:44P SYR	12:37P ALB	3:40P SYR	9:41A ALB	12:37P ALB	
Sign Off		6:54P SYR	1:02P ALB	3:50P SYR	10:06A ALB	1:02P ALB	
Sign Up					3:00P ALB		
Departure					4:00P ALB		
Arrival					6:44P SYR		
Sign Off					6:54P SYR		

EAS 702A	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	Relief	49	48	281	280/283	284
Sign Up			5:20P ALB	11:03A SYR	12:00P ALB	6:41A SYR	9:36A SYR
Departure			7:05P ALB	11:23A SYR	1:00P ALB	7:01A SYR	9:56A SYR
Arrival			9:44P SYR	2:31P ALB	3:40P SYR	9:41A ALB	12:37P ALB
Sign Off			9:54P SYR	2:56P ALB	3:50P SYR	10:06A ALB	1:02P ALB
Sign Up						3:00P ALB	
Departure						4:00P ALB	
Arrival						6:44P SYR	
Sign Off						6:54P SYR	

EAS 703	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	288	Relief	Relief	49	48	281	280/49
Sign Up	5:48P SYR			5:20P ALB	11:03A SYR	12:00P ALB	6:41A SYR
Departure	6:08P SYR			7:05P ALB	11:23A SYR	1:00P ALB	7:01A SYR
Arrival	8:55P ALB			9:44P SYR	2:31P ALB	3:40P SYR	9:41A ALB
Sign Off	9:20P ALB			9:54P SYR	2:56P ALB	3:50P SYR	10:06A ALB
Sign Up							5:20P ALB
Departure							7:05P ALB
Arrival							9:44P SYR
Sign Off							9:54P SYR

EAS 704	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	284	63/64	Relief	Relief	49	48	281
Sign Up	9:36A SYR	9:00A ALB			5:20P ALB	11:03A SYR	12:00P ALB
Departure	9:56A SYR	10:00A ALB			7:05P ALB	11:23A SYR	1:00P ALB
Arrival	12:37P ALB	12:43P SYR			9:44P SYR	2:31P ALB	3:40P SYR
Sign Off	1:02P ALB	12:53P SYR			9:54P SYR	2:56P ALB	3:50P SYR
Sign Up		3:08P SYR					
Departure		3:28P SYR					
Arrival		6:39P ALB					
Sign Off		7:04P ALB					

EAS 705	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	281	280/49	48	Relief	Relief	49	48
Sign Up	12:00P ALB	6:41A SYR	11:03A SYR			5:20P ALB	11:03A SYR
Departure	1:00P ALB	7:01A SYR	11:23A SYR			7:05P ALB	11:23A SYR
Arrival	3:40P SYR	9:41A ALB	2:31P ALB			9:44P SYR	2:31P ALB
Sign Off	3:50P SYR	10:06A ALB	2:56P ALB			9:54P SYR	2:56P ALB
Sign Up		5:20P ALB					
Departure		7:05P ALB					
Arrival		9:44P SYR					
Sign Off		9:54P SYR					

EAS 706	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	48	281	280/283	284	Relief	Relief	283
Sign Up	11:03A SYR	12:00P ALB	6:41A SYR	9:36A SYR			3:00P ALB
Departure	11:23A SYR	1:00P ALB	7:01A SYR	9:56A SYR			4:00P ALB
Arrival	2:31P ALB	3:40P SYR	9:41A ALB	12:37P ALB			6:44P SYR
Sign Off	2:56P ALB	3:50P SYR	10:06A ALB	1:02P ALB			6:54P SYR
Sign Up			3:00P ALB				
Departure			4:00P ALB				
Arrival			6:44P SYR				
Sign Off			6:54P SYR				

EAS 707	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	283	284	281	280/283	284	Relief	Relief
Sign Up	3:00P ALB	9:36A SYR	12:00P ALB	6:41A SYR	9:36A SYR		
Departure	4:00P ALB	9:56A SYR	1:00P ALB	7:01A SYR	9:56A SYR		
Arrival	6:44P SYR	12:37P ALB	3:40P SYR	9:41A ALB	12:37P ALB		
Sign Off	6:54P SYR	1:02P ALB	3:50P SYR	10:06A ALB	1:02P ALB		
Sign Up				3:00P ALB			
Departure				4:00P ALB			
Arrival				6:44P SYR			
Sign Off				6:54P SYR			

EAS 712	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	49	48	Yard	Yard	48/DH 241	Relief	Relief
Sign Up	5:20P ALB	11:03A SYR	5:00P ALB	5:00P ALB	1:36P ALB		
Departure	7:05P ALB	11:23A SYR			3:45P ALB		
Arrival	9:44P SYR	2:31P ALB			6:23P NYP		
Sign Off	9:54P SYR	2:56P ALB	2:00A ALB	2:00A ALB	6:48P NYP		
Sign Up					7:05P NYP		
Departure					7:15P NYP		
Arrival					9:45P ALB		
Sign Off					9:45P ALB		

EAS 714	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Yard	Relief	Relief	DH 290/49	Protect	48/DH 241	292/259
Sign Up	1:00P ALB			11:00A ALB	2:00P ALB	1:36P ALB	1:10P ALB
Departure				11:10A ALB		3:45P ALB	2:10P ALB
Arrival				1:45P NYP		6:23P NYP	4:45P NYP
Sign Off	9:00P ALB			1:45 NYP	10:00P ALB	6:48P NYP	5:10P NYP
Sign Up				3:00P NYP		7:05P NYP	8:35P NYP
Departure				3:40P NYP		7:15P NYP	9:15P NYP
Arrival				6:20P ALB		9:45P ALB	11:45P ALB
Sign Off				6:45P ALB		9:45P ALB	12:10A ALB

EYA 701	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Relief	Yard	Yard	Yard	Yard	Yard	Relief
Sign Up		6:00A ALB	6:00A ALB	6:00A ALB	6:00A ALB	6:00A ALB	
Departure							
Arrival							
Sign Off		3:00P ALB	3:00P ALB	3:00P ALB	3:00P ALB	3:00P ALB	
Sign Up							
Departure							
Arrival							
Sign Off							

EYA 702	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Yard	Yard	Relief	Relief	Yard	Yard	Yard
Sign Up	5:00P ALB	5:00P ALB			5:00P ALB	5:00P ALB	5:00P ALB
Departure							
Arrival							
Sign Off	2:00A ALB	2:00A ALB			2:00A ALB	2:00A ALB	2:00A ALB
Sign Up							
Departure							
Arrival							
Sign Off							