

LIRR : Departure from Atlantic Terminal

Train number	760	754	762	756	764	758	768	784	770
Official departure time	01:10	02:10	03:10	04:10	05:10	06:10	07:10	08:10	09:10

Atlantic Terminal	D 01:12	D 02:12	D 03:12	D 04:12	D 05:12	D 06:12	D 07:12	D 08:12	D 09:12
Nostrand Avenue	-	02:19	-	04:19	-	06:19	-	-	-
East New-York	-	02:24	-	04:24	-	06:24	-	-	-
Jamaica	01:30	02:32	03:30	04:32	05:30	06:32	07:30	08:30	09:30
(Hillside Maint. Complex)	-	-	-	-	-	-	-	-	-
Hollis	-	02:36	-	04:36	-	06:36	-	-	-
Queens Village	01:36	02:40	03:36	04:40	05:36	06:40	07:36	08:36	09:36
Bellerose	01:38	02:42	03:38	04:42	05:38	06:42	07:38	08:38	09:38
Floral Park	01:40	02:44	03:40	04:44	05:40	06:44	07:40	08:40	09:40
Stewart Manor	01:43	02:47	03:43	04:47	05:43	06:47	07:43	08:43	09:43
Nassau Boulevard	01:45	02:50	03:45	04:50	05:45	06:50	07:45	08:45	09:45
Garden City	01:48	02:52	03:48	04:52	05:48	06:52	07:48	08:48	09:48
Country Life Press	-	02:56	-	04:56	-	06:56	-	-	-
Hempstead	A 01:53	A 02:57	A 03:53	A 04:57	A 05:53	A 06:57	A 07:53	A 08:53	A 09:53

Marks :

- The schedules are accurate to plus or minus 1 minute.
- All times indicated are departure times, except for terminals where these are arrival times.
- Example: Departure time 04:15 - The train leaves between 04:14:30 and 04:15:30.
- Stopping in station is usually 35 seconds.
- No trains are scheduled to stop at Hillside Maintenance Complex.

LIRR : Departure from Atlantic Terminal

Train number	786	724	772	788	4202	774	790	726	776
Official departure time	10:10	10:35	11:10	12:10	12:30	13:10	14:10	14:35	15:10

Atlantic Terminal	D 10:12	D 10:36	D 11:12	D 12:12		D 13:12	D 14:12	D 14:36	D 15:12
Nostrand Avenue	-	10:44	-	-		-	-	14:44	-
East New-York	-	10:49	-	-		-	-	14:49	-
Jamaica	10:30	10:57	11:30	12:30		13:30	14:30	14:57	15:30
(Hillside Maint. Complex)	-	-	-	-		-	-	-	-
Hollis	-	11:01	-	-		-	-	15:01	-
Queens Village	10:36	11:04	11:36	12:36		13:36	14:36	15:04	15:36
Bellerose	10:38	11:07	11:38	12:38		13:38	14:38	15:07	15:38
Floral Park	10:40	11:09	11:40	12:40		13:40	14:40	15:09	15:40
Stewart Manor	10:43	11:12	11:43	12:43		13:43	14:43	15:12	15:43
Nassau Boulevard	10:45	11:15	11:45	12:45		13:45	14:45	15:15	15:45
Garden City	10:48	11:17	11:48	12:48		13:48	14:48	15:17	15:48
Country Life Press	-	11:21	-	-		-	-	15:21	-
Hempstead	A 10:53	A 11:22	A 11:53	A 12:53		A 13:53	A 14:53	A 15:22	A 15:53
Atlantic Terminal					D 12:30				
Vanderbilt Yard					A 12:39				

Marks :

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- Example: Departure time 04:15 - The train leaves between 04:14:30 and 04:15:30.
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LIRR : Departure from Atlantic Terminal

Train number	792	4204	778	794	728	780	796	4202	782
Official departure time	16:10	16:30	17:10	18:10	18:35	19:10	20:10	20:30	21:10

Atlantic Terminal	D 16:12		D 17:12	D 18:12	D 18:36	D 19:12	D 20:12		D 21:12
Nostrand Avenue	-		-	-	18:44	-	-		-
East New-York	-		-	-	18:49	-	-		-
Jamaica	16:30		17:30	18:30	18:57	19:30	20:30		21:30
(Hillside Maint. Complex)	-		-	-	-	-	-		-
Hollis	-		-	-	19:01	-	-		-
Queens Village	16:36		17:36	18:36	19:04	19:36	20:36		21:36
Bellerose	16:38		17:38	18:38	19:07	19:38	20:38		21:38
Floral Park	16:40		17:40	18:40	19:09	19:40	20:40		21:40
Stewart Manor	16:43		17:43	18:43	19:12	19:43	20:43		21:43
Nassau Boulevard	16:45		17:45	18:45	19:15	19:45	20:45		21:45
Garden City	16:48		17:48	18:48	19:17	19:48	20:48		21:48
Country Life Press	-		-	-	19:21	-	-		-
Hempstead	A 16:53		A 17:53	A 18:53	A 19:22	A 19:53	A 20:53		A 21:53
Atlantic Terminal		D 16:30						D 20:30	
Vanderbilt Yard		A 16:39						A 20:39	

Marks :

- The schedules are accurate to plus or minus 1 minute.
- All times indicated are departure times, except for terminals where these are arrival times.
- Example: Departure time 04:15 - The train leaves between 04:14:30 and 04:15:30.
- Stopping in station is usually 35 seconds.
- No trains are scheduled to stop at Hillside Maintenance Complex.
- There is a duplicate train number: 4202 at 20:30 (should be 4206).