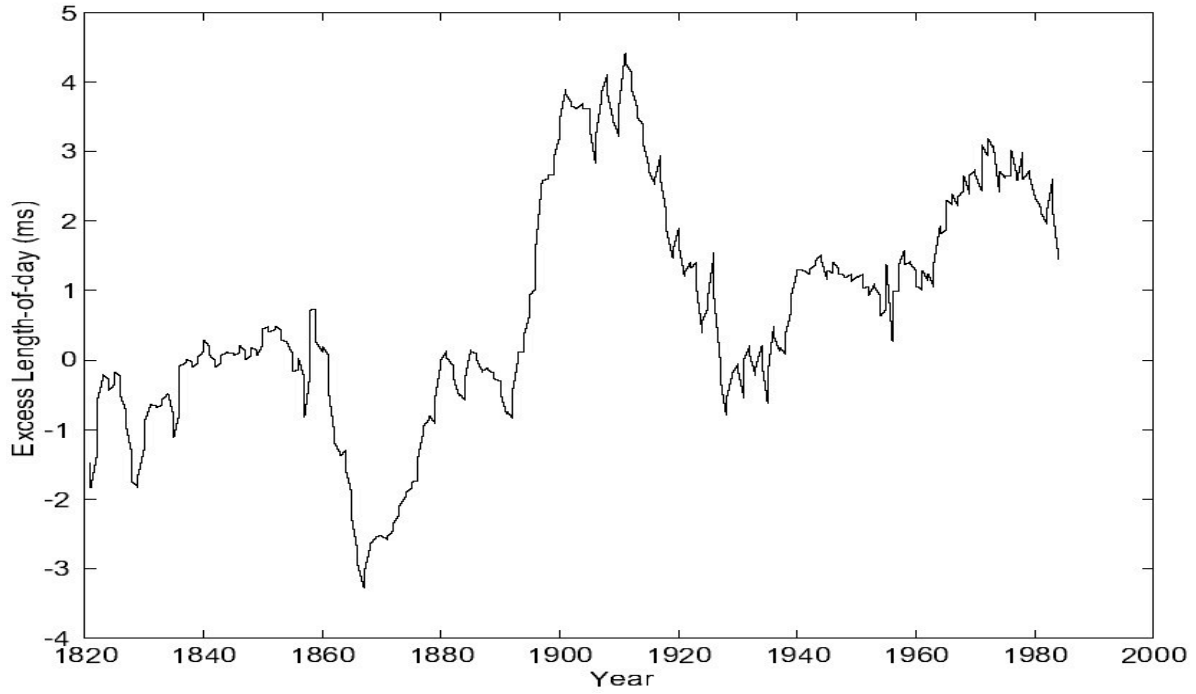


Changes in Excess Length-of-Day



Data Source: Dennis McCarthy, USNO. $\Delta\text{LOD}/\Delta t \approx 2$ millisecond/century