Quick-Start Guide • 快速上手指南

H-1B Timeline Tracker

H-1B 时间线追踪表

Lottery → petition → cap-gap → start date → transfers → extensions → the 6-year clock.
抽签 → 申请 → cap-gap → 入职 → 转雇主 → 延期 → 六年计时。

For F-1 students planning for H-1B, and H-1B workers keeping their dates straight.
适用于准备抽签的 F-1 学生和已在 H-1B 身份的工作者。

Not legal advice. Personal planning tool only. Rules summarized from official USCIS, DOL and eCFR pages, checked November 24, 2026 — see Section 7 for every source. Immigration rules change often; confirm with your employer's immigration attorney.
不构成法律建议。仅为个人规划工具。内容整理自 USCIS、劳工部和联邦法规官网（核对日期 2026-11-24），出处见第7节。移民规则经常变化，请与雇主的移民律师确认。

Dashboard 仪表盘 (SAMPLE)

Exactly what the filled SAMPLE file calculates. "Today" is set to 2026-11-20 in the sample. 示例文件的真实计算结果。

Today 今天	**2026-11-20**
STATUS LIGHT 状态灯	
Next document to expire 最先到期的文件	**Passport 护照**
Expires on 到期日	**2027-05-02**
Days left 剩余天数	**163**
Status 状态	**YELLOW 开始准备**
CAP SEASON 抽签季	
Earliest cap petition filing date 最早递交日	**2025-04-01**
Earliest cap H-1B start date 最早开始日	**2025-10-01**
Cap-gap could last until (if eligible) Cap-gap最长至	**2025-10-01**
Days between EAD end and H-1B start 工卡到期至H-1B开始间隔	**78**
EXTENSIONS & GRACE PERIODS 延期与宽限期	
Earliest extension filing (approx.) 最早可递交延期	**2028-03-10**
10-day window after validity ends 有效期后10天	**2028-09-19**
60-day grace period ends (estimate) 60天宽限期结束	**— (employed 在职)**
6-YEAR CLOCK 六年计时	
Days in H/L status so far 已在H/L身份天数	**416**
Days outside the US (recapturable) 可补回境外天数	**17**
Days counted toward 6 years 计入六年的天数	**399**
6-year limit in days 六年总天数	**2191**
Days remaining 剩余天数	**1792**
Projected 6-year end (if no more trips) 预计六年到期日	**2031-10-17**
% of 6 years used 六年已用比例	**18%**
BEYOND 6 YEARS (AC21) 超过六年延期	
PERM / I-140 first filed 首个PERM或I-140递交日	**2026-03-16**
365-day mark 满365天日期	**2027-03-16**
365 days passed? 是否已满365天	**Not yet 未满**
Mark falls before projected 6-year end? 是否早于六年到期	**Yes ✔ 是**
I-140 approved → 3-year extensions? I-140批准→三年延期	**Not yet 尚未**

PREVIEW 预览

Timeline 时间线 (SAMPLE, first 12 of 18 steps)

Phase	Milestone 节点	Target	Actual	Status
Before March 3月前	Employer agrees to sponsor; cap-subject or cap-exempt? 雇主同意担保；是否受名额限制		2024-12-10	Done 完成
Before March 3月前	Employer has a USCIS organizational account (needed to register) 雇主建立USCIS机构账户		2025-01-15	Done 完成
Before March 3月前	Give employer valid passport details (registration requires them) 向雇主提供有效护照信息		2025-02-01	Done 完成
Registration 注册	Registration submitted in the March window (USCIS announces dates) 3月注册期内提交注册		2025-03-12	Done 完成
Registration 注册	Selection result (USCIS intends to notify by March 31) 抽签结果		2025-03-30	Done 完成
Petition 申请	LCA (ETA-9035) certified by DOL 劳工条件申请获批		2025-03-28	Done 完成
Petition 申请	I-129 filed — earliest April 1, inside the filing window on the selection notice I-129递交	2025-04-01	2025-04-02	Done 完成
Petition 申请	Receipt notice (I-797C) received 收到收据通知		2025-04-10	Done 完成
Petition 申请	Ask your DSO what cap-gap proof you need (if on OPT) 向DSO确认cap-gap证明		2025-04-15	Done 完成
Petition 申请	RFE received / response sent (if any) 补件及回复			N/A 不适用
Petition 申请	Approval notice (I-797) 获批		2025-05-06	Done 完成
Start 开始	H-1B start date (Oct 1 or later) H-1B开始	2025-10-01	2025-10-01	Done 完成

Trips abroad → recapture 出境与补回 (SAMPLE)

Departed	Returned	Where	Full days outside	Recapturable
2025-12-20	2026-01-04	Shanghai 上海	14	14
2026-05-22	2026-05-26	Toronto 多伦多	3	3
2026-08-08	2026-08-09	Vancouver 温哥华	0	0

Full days = days strictly between departure and return (conservative). 境外整天数为保守算法。

PREVIEW 预览

Period of stay and the 6-year limit 停留期与六年上限

- Up to 3 years at a time, 6 years total; H and L time count together. After 6 years you generally need 1 year physically outside the US before a new 6 years. 每次最多3年，共6年（H与L合并）；用满后一般需在境外满1年。
- **Recapture:** time outside the US over 24 hours during H-1B validity does not count and can be added back in a later petition. Your employer must request it and document it (passport stamps, I-94s, tickets, a chart of dates). 境外超过24小时的时间可补回，需雇主申请并举证。
- **Beyond 6 years (AC21):** 1-year extensions if 365+ days have passed since a PERM or I-140 was filed; up to 3-year extensions with an approved EB-1/2/3 I-140 when a visa is unavailable because of per-country or worldwide limits. 递交满365天可一年一延；I-140已批准且无签证号可三年一延。

Changing jobs and losing a job 换工作与失业

- **Portability:** you may start with a new employer once it properly files a non-frivolous I-129 (or on the requested start date, if later), as long as you have not worked without authorization since your last admission and the petition is filed before your authorized stay expires. 新雇主递交I-129后即可开始工作（需满足条件）。
- **60-day grace period:** after employment ends, up to 60 consecutive days or until your validity ends, whichever is shorter, once per validity period, to find a new employer, change status or depart. No work during it. 离职后最多60天（不超过有效期），每个有效期一次，期间不得工作。
- **10-day windows:** you may be admitted up to 10 days before validity begins and stay 10 days after it ends — no work outside validity. 有效期前后各10天，期间不得工作。
- If your employer ends your job before your authorized stay ends, it is liable for reasonable return transportation costs (not if you resign). 雇主提前解雇须承担合理回程费用（主动辞职除外）。

Recent changes to watch (status as of 2026-11-24) 近期变化

$100,000 payment: a Sept 19, 2025 Proclamation required a $100,000 payment for certain new H-1B petitions for people outside the US (not for in-US changes of status/extensions that are granted). On June 8, 2026 a federal court vacated the implementing guidance; on July 24, 2026 the First Circuit denied a stay, and USCIS says it is complying while DHS considers next steps — DHS says it still plans to collect the payment if the order is lifted. **Check the USCIS H-1B page before any filing.**
9-11 Biometric Fee: final rule effective Sept 9, 2026 — covered employers (50+ US employees, more than half in H-1B/L) pay it on all H-1B and L petitions except amendments that don't seek an extension.
H-4 EAD: certain H-4 spouses may apply for work authorization once the H-1B worker has begun the employment-based green card process.
10万美元付款：2026年6月法院撤销执行指引，USCIS暂时遵守判决，递交前务必核对。9-11生物费：2026年9月9日起适用于特定雇主。

What's in the full download 完整版包含

- Blank tracker (.xlsx) for Excel 2016+ / Microsoft 365 and Google Sheets 空白表格
- Filled SAMPLE tracker (fictional) 示例表格（虚构）
- 7-page bilingual Quick-Start Guide with the full rules cheat sheet and every official source 7页中英双语指南（含完整规则速查与官方出处）
- 7 tabs: Start • Dashboard • Timeline • Petitions • Stays & Trips • Documents • Rules & Sources

> Not legal advice. A personal organizer only — not affiliated with USCIS, DHS or DOL. Rules checked 2026-11-24; confirm with your immigration attorney. 不构成法律建议；与政府机构无关；请与移民律师确认。