An age spans 1000 years
The Bronze year proper can be divided into 420 days, but it is standard to append the period of silence, which is 3 days.

Therefore the standard year is 423 days.
There are 12 days to a week, 5 weeks to a month, and 7 months to a year.
A day is 24 hrs , an hour is 60 minutes, and etc...
An age lasts 1000 years.
[In the year 2020 of the Gregorian Calendar, the Bronze year began on the 20th of March. It is now, as of the time writing this, October 12. Therefore today, according to the Bronze Calendar, is the 25th day of the 4th month of the 518th year of the 600th age.]

The Bronze Calendar is not arranged in accordance with any celestial cycle, but is aligned with the regular pulses that the Bronze itself sends through the universe. Every pulse lasts a definite frame of time. There is the pulse of origin, from the time when all reality first came into being. This overarches all other pulsations, and it still resounds having yet to fade unto its terminus. Ever since then there have proceeded the pulse of the ages, which lasts a thousand years; the pulse of years, which lasts seven months; the pulse of months, which lasts five weeks; the pulse of weeks, which lasts twelve days; the pulse of days, which lasts twenty-four hours.* Following the seven, five-week months (which sums to sixty days per month), there is a period of silence in which the yearly pulse, and therefore all pulses contained within the year, cease. This period of silence lasts for three days, and although it is outside of the yearly pulse, it is appended to the total number of days per year for practical reasons, thereby making the year four hundred and twenty-three days, and not four hundred and twenty.
*There are, however, only generally agreed upon divisions of hours per day and so forth, this matters not, for despite there being alternatives on how to divide the hours and seconds and so forth, the days are always the same length. For one may say a day is twenty hours, so that each hour is slightly longer than if a day were divided into twenty-four. It does not matter. The generally accepted standard, though, is that a day is twenty-four hours.

