

# DAYLIGHT-SAVING TIME ZONE CONVERSIONS

Conversions from UTC to some US time zones:  
\* = previous day

UTC (GMT)	PACIFIC DAYLIGHT	MOUNTAIN DAYLIGHT	CENTRAL DAYLIGHT	EASTERN DAYLIGHT
00	5 pm *	6 pm *	7 pm *	8 pm *
01	6 pm *	7 pm *	8 pm *	9 pm *
02	7 pm *	8 pm *	9 pm *	10 pm *
03	8 pm *	9 pm *	10 pm *	11 pm *
04	9 pm *	10 pm *	11 pm *	12 mid
05	10 pm *	11 pm *	12 mid	1 am
06	11 pm *	12 mid	1 am	2 am
07	12 mid	1 am	2 am	3 am
08	1 am	2 am	3 am	4 am
09	2 am	3 am	4 am	5 am
10	3 am	4 am	5 am	6 am
11	4 am	5 am	6 am	7 am
12	5 am	6 am	7 am	8 am
13	6 am	7 am	8 am	9 am
14	7 am	8 am	9 am	10 am
15	8 am	9 am	10 am	11 am
16	9 am	10 am	11 am	12 noon
17	10 am	11 am	12 noon	1 pm
18	11 am	12 noon	1 pm	2 pm
19	12 noon	1 pm	2 pm	3 pm
20	1 pm	2 pm	3 pm	4 pm
21	2 pm	3 pm	4 pm	5 pm
22	3 pm	4 pm	5 pm	6 pm
23	4 pm	5 pm	6 pm	7 pm