

STANDARD TIME ZONE CONVERSIONS

Conversions from UTC to some US time zones:

* = previous day

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