

TIME CONVERSION CHART

U.T.C.	P.S.T.	PDST MST	MDST CST	CDST EST	EDST
0:00 1:00 2:00 3:00 4:00	4PM 5PM 6PM 7PM 8PM	5PM 6PM 7PM 8PM 9PM	6PM 7PM 8PM 9PM 10PM	7PM 8PM 9PM 10PM 11PM	8PM 9PM 10PM 11PM MIDNIGHT
5:00 6:00 7:00 8:00 9:00	9PM 10PM 11PM MIDNIGHT 1AM	10PM 11PM MIDNIGHT 1AM 2AM	11PM MIDNIGHT 1AM 2AM 3AM	MIDNIGHT 1AM 2AM 3AM 4AM	1AM 2AM 3AM 4AM 5AM
10:00 11:00 12:00 13:00 14:00	2AM 3AM 4AM 5AM 6AM	3AM 4AM 5AM 6AM 7AM	4AM 5AM 6AM 7AM 8AM	5AM 6AM 7AM 8AM 9AM	6AM 7AM 8AM 9AM 10AM
15:00 16:00 17:00 18:00 19:00	7AM 8AM 9AM 10AM 11AM	8AM 9AM 10AM 11AM NOON	9AM 10AM 11AM NOON 1PM	10AM 11AM NOON 1PM 2PM	11AM NOON 1PM 2PM 3PM
20:00 21:00 22:00 23:00	NOON 1PM 2PM 3PM	1PM 2PM 3PM 4PM	2PM 3PM 4PM 5PM	3PM 4PM 5PM 6PM	4PM 5PM 6PM 7PM