

UTC CONVERSION CHART

PST	PDT	MST	MDT	CST	CDT	EST	EDT	UTC
4 p.m.	5 p.m.	5 p.m.	6 p.m.	6 p.m.	7 p.m.	7 p.m.	8 p.m.	00:00
5 p.m.	6 p.m.	6 p.m.	7 p.m.	7 p.m.	8 p.m.	8 p.m.	9 p.m.	01:00
6 p.m.	7 p.m.	7 p.m.	8 p.m.	8 p.m.	9 p.m.	9 p.m.	10 p.m.	02:00
7 p.m.	8 p.m.	8 p.m.	9 p.m.	9 p.m.	10 p.m.	10 p.m.	11 p.m.	03:00
8 p.m.	9 p.m.	9 p.m.	10 p.m.	10 p.m.	11 p.m.	11 p.m.	Midnight	04:00
9 p.m.	10 p.m.	10 p.m.	11 p.m.	11 p.m.	Midnight	Midnight	1 a.m.	05:00
10 p.m.	11 p.m.	11 p.m.	Midnight	Midnight	1 a.m.	1 a.m.	2 a.m.	06:00
11 p.m.	Midnight	Midnight	1 a.m.	1 a.m.	2 a.m.	2 a.m.	3 a.m.	07:00
Midnight	1 a.m.	1 a.m.	2 a.m.	2 a.m.	3 a.m.	3 a.m.	4 a.m.	08:00
1 a.m.	2 a.m.	2 a.m.	3 a.m.	3 a.m.	4 a.m.	4 a.m.	5 a.m.	09:00
2 a.m.	3 a.m.	3 a.m.	4 a.m.	4 a.m.	5 a.m.	5 a.m.	6 a.m.	10:00
3 a.m.	4 a.m.	4 a.m.	5 a.m.	5 a.m.	6 a.m.	6 a.m.	7 a.m.	11:00
4 a.m.	5 a.m.	5 a.m.	6 a.m.	6 a.m.	7 a.m.	7 a.m.	8 a.m.	12:00
5 a.m.	6 a.m.	6 a.m.	7 a.m.	7 a.m.	8 a.m.	8 a.m.	9 a.m.	13:00
6 a.m.	7 a.m.	7 a.m.	8 a.m.	8 a.m.	9 a.m.	9 a.m.	10 a.m.	14:00
7 a.m.	8 a.m.	8 a.m.	9 a.m.	9 a.m.	10 a.m.	10 a.m.	11 a.m.	15:00
8 a.m.	9 a.m.	9 a.m.	10 a.m.	10 a.m.	11 a.m.	11 a.m.	Noon	16:00
9 a.m.	10 a.m.	10 a.m.	11 a.m.	11 a.m.	Noon	Noon	1 p.m.	17:00
10 a.m.	11 a.m.	11 a.m.	Noon	Noon	1 p.m.	1 p.m.	2 p.m.	18:00
11 a.m.	Noon	Noon	1 p.m.	1 p.m.	2 p.m.	2 p.m.	3 p.m.	19:00
Noon	1 p.m.	1 p.m.	2 p.m.	2 p.m.	3 p.m.	3 p.m.	4 p.m.	20:00
1 p.m.	2 p.m.	2 p.m.	3 p.m.	3 p.m.	4 p.m.	4 p.m.	5 p.m.	21:00
2 p.m.	3 p.m.	3 p.m.	4 p.m.	4 p.m.	5 p.m.	5 p.m.	6 p.m.	22:00
3 p.m.	4 p.m.	4 p.m.	5 p.m.	5 p.m.	6 p.m.	6 p.m.	7 p.m.	23:00