

**Time Conversion Chart for the US and US Territories**

**Standard Time**

Guam/CNMI	Samoa	Hawaii	Alaska	PST	MST	CST	EST	Puerto Rico	UTC/ZULU
3 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	12 AM	1 AM	0500
4 PM	7 PM	8 PM	9 PM	10 PM	11 PM	12 AM	1 AM	2 AM	0600
5 PM	8 PM	9 PM	10 PM	11 PM	12 AM	1 AM	2 AM	3 AM	0700
6 PM	9 PM	10 PM	11 PM	12 AM	1 AM	2 AM	3 AM	4 AM	0800
7 PM	10 PM	11 PM	12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	0900
8 PM	11 PM	12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	1000
9 PM	12 AM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	1100
10 PM	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	1200
11 PM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	1300
12 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	1400
1 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	1500
2 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1600
3 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	1700
4 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	1800
5 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	1900
6 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	2000
7 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	2100
8 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	2200
9 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	2300
10 AM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	0000
11 AM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	0100
12 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	0200
1 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	0300
2 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	12 AM	0400

# Time Conversion Chart for the US and US Territories

## Daylight Savings Time

Guam/CNMI	Samoa	Hawaii	Alaska	PDT	MDT	CDT	EDT	Puerto Rico	ZULU/GMT
3 PM	6 PM	7 PM	8 PM	10 PM	11 PM	12 AM	1 AM	1 AM	0500
4 PM	7 PM	8 PM	9 PM	11 PM	12 AM	1 AM	2 AM	2 AM	0600
5 PM	8 PM	9 PM	10 PM	12 AM	1 AM	2 AM	3 AM	3 AM	0700
6 PM	9 PM	10 PM	11 PM	1 AM	2 AM	3 AM	4 AM	4 AM	0800
7 PM	10 PM	11 PM	12 AM	2 AM	3 AM	4 AM	5 AM	5 AM	0900
8 PM	11 PM	12 AM	1 AM	3 AM	4 AM	5 AM	6 AM	6 AM	1000
9 PM	12 AM	1 AM	2 AM	4 AM	5 AM	6 AM	7 AM	7 AM	1100
10 PM	1 AM	2 AM	3 AM	5 AM	6 AM	7 AM	8 AM	8 AM	1200
11 PM	2 AM	3 AM	4 AM	6 AM	7 AM	8 AM	9 AM	9 AM	1300
12 AM	3 AM	4 AM	5 AM	7 AM	8 AM	9 AM	10 AM	10 AM	1400
1 AM	4 AM	5 AM	6 AM	8 AM	9 AM	10 AM	11 AM	11 AM	1500
2 AM	5 AM	6 AM	7 AM	9 AM	10 AM	11 AM	12 PM	12 PM	1600
3 AM	6 AM	7 AM	8 AM	10 AM	11 AM	12 PM	1 PM	1 PM	1700
4 AM	7 AM	8 AM	9 AM	11 AM	12 PM	1 PM	2 PM	2 PM	1800
5 AM	8 AM	9 AM	10 AM	12 PM	1 PM	2 PM	3 PM	3 PM	1900
6 AM	9 AM	10 AM	11 AM	1 PM	2 PM	3 PM	4 PM	4 PM	2000
7 AM	10 AM	11 AM	12 PM	2 PM	3 PM	4 PM	5 PM	5 PM	2100
8 AM	11 AM	12 PM	1 PM	3 PM	4 PM	5 PM	6 PM	6 PM	2200
9 AM	12 PM	1 PM	2 PM	4 PM	5 PM	6 PM	7 PM	7 PM	2300
10 AM	1 PM	2 PM	3 PM	5 PM	6 PM	7 PM	8 PM	8 PM	0000
11 AM	2 PM	3 PM	4 PM	6 PM	7 PM	8 PM	9 PM	9 PM	0100
12 PM	3 PM	4 PM	5 PM	7 PM	8 PM	9 PM	10 PM	10 PM	0200
1 PM	4 PM	5 PM	6 PM	8 PM	9 PM	10 PM	11 PM	11 PM	0300
2 PM	5 PM	6 PM	7 PM	9 PM	10 PM	11 PM	12 AM	12 AM	0400