

Time Conversion Table

Greenwich, England (GMT)	Hawaii (HST)	4/2/06-10/29/06	10/30/06-3/11/07	4/2/06-10/29/06	10/30/06-3/11/07	Samoa / Am. Samoa	+ 1 Day	+ 1 Day	+ 1 Day	+ 1 Day
		California (DST - PDT)	California (ST - PST)	Washington DC (DST - EDT)	Washington DC (ST - EST)		Marshall Islands / Fiji / New Zealand	Kosrae / Pohnpei	Guam / CNMI / Yap / Chuuk	Japan / Palau
2000	10:00 AM	1:00 PM	12:00 PM	4:00 PM	3:00 PM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM
2100	11:00 AM	2:00 PM	1:00 PM	5:00 PM	4:00 PM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM
2200	12:00 PM	3:00 PM	2:00 PM	6:00 PM	5:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM
2300	1:00 PM	4:00 PM	3:00 PM	7:00 PM	6:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM
0000	2:00 PM	5:00 PM	4:00 PM	8:00 PM	7:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM
0100	3:00 PM	6:00 PM	5:00 PM	9:00 PM	8:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM
0200	4:00 PM	7:00 PM	6:00 PM	10:00 PM	9:00 PM	3:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM
0300	5:00 PM	8:00 PM	7:00 PM	11:00 PM	10:00 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM	12:00 PM
0400	6:00 PM	9:00 PM	8:00 PM	**12:00 AM	11:00 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM
0500	7:00 PM	10:00 PM	9:00 PM	1:00 AM	**12:00 AM	6:00 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM
0600	8:00 PM	11:00 PM	10:00 PM	2:00 AM	1:00 AM	7:00 PM	6:00 PM	5:00 PM	4:00 PM	3:00 PM
0700	9:00 PM	**12:00 AM	11:00 PM	3:00 AM	2:00 AM	8:00 PM	7:00 PM	6:00 PM	5:00 PM	4:00 PM
0800	10:00 PM	1:00 AM	**12:00 AM	4:00 AM	3:00 AM	9:00 PM	8:00 PM	7:00 PM	6:00 PM	5:00 PM
0900	11:00 PM	2:00 AM	1:00 AM	5:00 AM	4:00 AM	10:00 PM	9:00 PM	8:00 PM	7:00 PM	6:00 PM
1000	**12:00 AM	3:00 AM	2:00 AM	6:00 AM	5:00 AM	11:00 PM	10:00 PM	9:00 PM	8:00 PM	7:00 PM
1100	1:00 AM	4:00 AM	3:00 AM	7:00 AM	6:00 AM	**12:00 AM	11:00 PM	10:00 PM	9:00 PM	8:00 PM
1200	2:00 AM	5:00 AM	4:00 AM	8:00 AM	7:00 AM	1:00 AM	**12:00 AM	11:00 PM	10:00 PM	9:00 PM
1300	3:00 AM	6:00 AM	5:00 AM	9:00 AM	8:00 AM	2:00 AM	1:00 AM	**12:00 AM	11:00 PM	10:00 PM
1400	4:00 AM	7:00 AM	6:00 AM	10:00 AM	9:00 AM	3:00 AM	2:00 AM	1:00 AM	**12:00 AM	11:00 PM
1500	5:00 AM	8:00 AM	7:00 AM	11:00 AM	10:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	**12:00 AM
1600	6:00 AM	9:00 AM	8:00 AM	12:00 PM	11:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM
1700	7:00 AM	10:00 AM	9:00 AM	1:00 PM	12:00 PM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM
1800	8:00 AM	11:00 AM	10:00 AM	2:00 PM	1:00 PM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM
1900	9:00 AM	12:00 PM	11:00 AM	3:00 PM	2:00 PM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM

GMT	Greenwich Mean Time	Also known as Universal Time Co-ordinated (UTC) or Zulu Time. GMT is set as a world time standard because Greenwich has a zero longitude.
HST	Hawaii Standard Time	Hawaii, Atlantic and the Pacific Islands do not have Daylight Savings Time (DST).
DST	Daylight Savings Time	Also called "summer time". It is a method of advancing clocks in a global manner, in order to artificially expand the daylight hours.
PDT	Pacific Daylight Time	During "summer time", clocks in the Pacific and Eastern time zones are set forward one hour in late March or in early April and are set back one hour in late September or in early October
EDT	Eastern Daylight Time	
ST	Standard Time	Each locale in the world should have its own standard time depending on the time zone it is in.
PST	Pacific Standard Time	The U.S. standard time zones are the Atlantic, Eastern, Central, Mountain, Pacific, Alaska, Hawaii-Aleutian, and Samoa zones.
EST	Eastern Standard Time	

Time Conversion Table

Greenwich, England (GMT)	Hawaii (HST)	4/1/01-10/28/01	10/29/01-4/7/02	4/1/01-10/28/01	10/29/01-4/7/02	Samoa / Am. Samoa	+ 1 Day	+ 1 Day	+ 1 Day	+ 1 Day
		California (DST - PDT)	California (ST - PST)	Washington DC (DST - EDT)	Washington DC (ST - EST)		Marshall Islands / Fiji / New Zealand	Kosrae / Pohnpei	Guam / Yap / Chuuk	CNMI / Japan / Palau
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0100	3:00 PM	6:00 AM	5:00 PM	9:00 PM	8:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM
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1600	6:00 AM	9:00 AM	8:00 AM	12:00 PM	11:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM
1700	7:00 AM	10:00 AM	9:00 AM	1:00 PM	12:00 PM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM
1800	8:00 AM	11:00 AM	10:00 AM	2:00 PM	1:00 PM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM
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