

DAYLIGHT TIME

	PACIFIC	MOUNTAIN	CENTRAL	EASTERN
0000Z/UTC	5:00 PM	6:00 PM	7:00 PM	8:00 PM
0300	8:00 PM	9:00 PM	10:00 PM	11:00 PM
0600	11:00 PM	Midnight	1:00 AM	2:00 AM
0900	2:00 AM	3:00 AM	4:00 AM	5:00 AM
1200	5:00 AM	6:00 AM	7:00 AM	8:00 AM
1500	8:00 AM	9:00 AM	10:00 AM	11:00 AM
1800	11:00 AM	Noon	1:00 PM	2:00 PM
2100	2:00 PM	3:00 PM	4:00 PM	5:00 PM

STANDARD TIME

	PACIFIC	MOUNTAIN	CENTRAL	EASTERN
0000Z/UTC	4:00 PM	5:00 PM	6:00 PM	7:00 PM
0300	7:00 PM	8:00 PM	9:00 PM	10:00 PM
0600	10:00 PM	11:00 PM	Midnight	1:00 AM
0900	1:00 AM	2:00 AM	3:00 AM	4:00 AM
1200	4:00 AM	5:00 AM	6:00 AM	7:00 AM
1500	7:00 AM	8:00 AM	9:00 AM	10:00 AM
1800	10:00 AM	11:00 AM	Noon	1:00 PM
2100	1:00 PM	2:00 PM	3:00 PM	4:00 PM