

UTC-GMT Time Conversion Chart							
UTC GMT	BST	EDT	EST CDT	CST MDT	MST PDT	PST	
0	1:00 AM	8:00 PM	7:00 PM	6:00 PM	5:00 PM	4:00 PM	
100	2:00 AM	9:00 PM	8:00 PM	7:00 PM	6:00 PM	5:00 PM	
200	3:00 AM	10:00 PM	9:00 PM	8:00 PM	7:00 PM	6:00 PM	
300	4:00 AM	11:00 PM	10:00 PM	9:00 PM	8:00 PM	7:00 PM	
400	5:00 AM	Midnight	11:00 PM	10:00 PM	9:00 PM	8:00 PM	
500	6:00 AM	1:00 AM	Midnight	11:00 PM	10:00 PM	9:00 PM	
600	7:00 AM	2:00 AM	1:00 AM	Midnight	11:00 PM	10:00 PM	
700	8:00 AM	3:00 AM	2:00 AM	1:00 AM	Midnight	11:00 PM	
800	9:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	Midnight	
900	10:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	
1000	11:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	
1100	Noon	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	
1200	1:00 PM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	
1300	2:00 PM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	
1400	3:00 PM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	
1500	4:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	
1600	5:00 PM	Noon	11:00 AM	10:00 AM	9:00 AM	8:00 AM	
1700	6:00 PM	1:00 PM	Noon	11:00 AM	10:00 AM	9:00 AM	
1800	7:00 PM	2:00 PM	1:00 PM	Noon	11:00 AM	10:00 AM	
1900	8:00 PM	3:00 PM	2:00 PM	1:00 PM	Noon	11:00 AM	
2000	9:00 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM	Noon	
2100	10:00 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM	
2200	11:00 PM	6:00 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM	
2300	Midnight	7:00 PM	6:00 PM	5:00 PM	4:00 PM	3:00 PM	

Abbreviation Key:							
UTC GMT	Universal Coordinated Time, Greenwich Mean Time						
BST	British Summer Time						
EDT	Eastern Daylight Time			MDT	Mountain Daylight Time		
EST	Eastern Standard Time			MST	Mountain Standard Time		
CDT	Central Daylight Time			PDT	Pacific Daylight Time		
CST	Central Standard Time			PST	Pacific Standard Time		