

TIME ZONE CONVERSION TABLE (STANDARD TIME)

PACIFIC	MOUNTAIN	CENTRAL	EASTERN
PST	MST	CST	EST
6:00 AM	7:00 AM	8:00 AM	9:00 AM
6:20 AM	7:20 AM	8:20 AM	9:20 AM
6:40 AM	7:40 AM	8:40 AM	9:40 AM
7:00 AM	8:00 AM	9:00 AM	10:00 AM
7:20 AM	8:20 AM	9:20 AM	10:20 AM
7:40 AM	8:40 AM	9:40 AM	10:40 AM
8:00 AM	9:00 AM	10:00 AM	11:00 AM
8:20 AM	9:20 AM	10:20 AM	11:20 AM
8:40 AM	9:40 AM	10:40 AM	11:40 AM
9:00 AM	10:00 AM	11:00 AM	12:00 PM
9:20 AM	10:20 AM	11:20 AM	12:20 PM
9:40 AM	10:40 AM	11:40 AM	12:40 PM
10:00 AM	11:00 AM	12:00 PM	1:00 PM
10:20 AM	11:20 AM	12:20 PM	1:20 PM
10:40 AM	11:40 AM	12:40 PM	1:40 PM
11:00 AM	12:00 PM	1:00 PM	2:00 PM
11:20 AM	12:20 PM	1:20 PM	2:20 PM
11:40 AM	12:40 PM	1:40 PM	2:40 PM
12:00 PM	1:00 PM	2:00 PM	3:00 PM
12:20 PM	1:20 PM	2:20 PM	3:20 PM
12:40 PM	1:40 PM	2:40 PM	3:40 PM
1:00 PM	2:00 PM	3:00 PM	4:00 PM
1:20 PM	2:20 PM	3:20 PM	4:20 PM
1:40 PM	2:40 PM	3:40 PM	4:40 PM
2:00 PM	3:00 PM	4:00 PM	5:00 PM
2:20 PM	3:20 PM	4:20 PM	5:20 PM
2:40 PM	3:40 PM	4:40 PM	5:40 PM
3:00 PM	4:00 PM	5:00 PM	6:00 PM
3:20 PM	4:20 PM	5:20 PM	6:20 PM
3:40 PM	4:40 PM	5:40 PM	6:40 PM
4:00 PM	5:00 PM	6:00 PM	7:00 PM