

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	12:00 PM	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		