

## UTC (Zulu) Time Conversion Chart

UTC (Zulu)	PST/ALDT	PDT/MST	MDT/CST	CDT/EST	EDT/AST	ALST	HST	UTC (Zulu)	PST/ALDT	PDT/MST	MDT/CST	CDT/EST	EDT/AST	ALST	HST
<b>0000*</b>	1600	1700	1800	1900	2000	1500	1400								
<b>0100</b>	1700	1800	1900	2000	2100	1600	1500	<b>1300</b>	0500	0600	0700	0800	0900	0400	0300
<b>0200</b>	1800	1900	2000	2100	2200	1700	1600	<b>1400</b>	0600	0700	0800	0900	1000	0500	0400
<b>0300</b>	1900	2000	2100	2200	2300	1800	1700	<b>1500</b>	0700	0800	0900	1000	1100	0600	0500
<b>0400</b>	2000	2100	2200	2300	0000*	1900	1800	<b>1600</b>	0800	0900	1000	1100	1200	0700	0600
<b>0500</b>	2100	2200	2300	0000*	0100	2000	1900	<b>1700</b>	0900	1000	1100	1200	1300	0800	0700
<b>0600</b>	2200	2300	0000*	0100	0200	2100	2000	<b>1800</b>	1000	1100	1200	1300	1400	0900	0800
<b>0700</b>	2300	0000*	0100	0200	0300	2200	2100	<b>1900</b>	1100	1200	1300	1400	1500	1000	0900
<b>0800</b>	0000*	0100	0200	0300	0400	2300	2200	<b>2000</b>	1200	1300	1400	1500	1600	1100	1000
<b>0900</b>	0100	0200	0300	0400	0500	0000*	2300	<b>2100</b>	1300	1400	1500	1600	1700	1200	1100
<b>1000</b>	0200	0300	0400	0500	0600	0100	0000*	<b>2200</b>	1400	1500	1600	1700	1800	1300	1200
<b>1100</b>	0300	0400	0500	0600	0700	0200	0100	<b>2300</b>	1500	1600	1700	1800	1900	1400	1300
<b>1200</b>	0400	0500	0600	0700	0800	0300	0200	<b>2400</b>	1600	1700	1800	1900	2000	1500	1400

\*0000 and 2400 are interchangeable.

2400 is associated with the date of the day ending, 0000 with the day just starting.

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**UTC** = Coordinated Universal Time, or **Zulu**  
**PST** = Pacific Standard Time (UTC - 8 hours)  
**ALDT** = Alaskan Daylight Time (UTC - 8 hours)  
**PDT** = Pacific Daylight Time (UTC - 7 hours)  
**MST** = Mountain Standard Time (UTC - 7 hours)  
**MDT** = Mountain Daylight Time (UTC - 6 hours)  
**CST** = Central Standard Time (UTC - 6 hours)  
**CDT** = Central Daylight Time (UTC - 5 hours)  
**EST** = Eastern Standard Time (UTC - 5 hours)  
**EDT** = Eastern Daylight Time (UTC - 4 hours)  
**AST** = Atlantic Standard Time (UTC - 4 hours)  
**ALST** = Alaskan Standard Time (UTC - 9 hours)  
**HST** = Hawaiian Standard Time (UTC - 10 hours)

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Data from Feb. 2004 QST, p67, 68

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