

North American Time Zones and GMT

To convert UTC to local time, you have to add or subtract hours from it. For persons west of the zero meridian to the international date line (which includes all of North America), hours are subtracted from UTC to convert to local time. Below is a table showing the number of hours to subtract from local time zones in North America in order to convert UTC to local time. Not all states use daylight savings time in the summer.

The Time Zones across North America and Pacific from East to West are:

	Standard Time	Daylight Savings Time
Atlantic		
Eastern	EST	EDT
Central	CST	CDT
Mountain	MST	MDT
Pacific	PST	PDT
Alaska		
Hawaii		

Standard time:

GMT difference	ATL	EST	CST	MST	PST	ALA	HAW
	-4	-5	-6	-7	-8	-9	-10
00	8P*	7P*	6P*	5P*	4P*	3P*	2P*
01	9P*	8P*	7P*	6P*	5P*	4P*	3P*
02	10P*	9P*	8P*	7P*	6P*	5P*	4P*
03	11P*	10P*	9P*	8P*	7P*	6P*	5P*
04	12A	11P*	10P*	9P*	8P*	7P*	6P*
05	1A	12A	11P*	10P*	9P*	8P*	7P*
06	2A	1A	12A	11P*	10P*	9P*	8P*
07	3A	2A	1A	12A	11P*	10P*	9P*
08	4A	3A	2A	1A	12A	11P*	10P*
09	5A	4A	3A	2A	1A	12A	11P*
10	6A	5A	4A	3A	2A	1A	12A
11	7A	6A	5A	4A	3A	2A	1A
12	8A	7A	6A	5A	4A	3A	2A
13	9A	8A	7A	6A	5A	4A	3A
14	10A	9A	8A	7A	6A	5A	4A
15	11A	10A	9A	8A	7A	6A	5A
16	12P	11A	10A	9A	8A	7A	6A
17	1P	12P	11A	10A	9A	8A	7A
18	2P	1P	12P	11A	10A	9A	8A
19	3P	2P	1P	12P	11A	10A	9A
20	4P	3P	2P	1P	12P	11A	10A
21	5P	4P	3P	2P	1P	12P	11A
22	6P	5P	4P	3P	2P	1P	12P
23	7P	6P	5P	4P	3P	2P	1P

* represents previous day
(i.e. 03 hours 23 January 93 is 8PM-MST 22 January)