

STANDARD TIME ZONE CONVERSIONS

EASTERN STANDARD	CENTRAL STANDARD	MOUNTAIN STANDARD	PACIFIC STANDARD
9 am	8 am	7 am	6 am
10 am	9 am	8 am	7 am
11 am	10 am	9 am	8 am
12 noon	11 am	10 am	9 am
1 pm	12 noon	11 am	10 am
2 pm	1 pm	12 noon	11 am
3 pm	2 pm	1 pm	12 noon
4 pm	3 pm	2 pm	1 pm
5 pm	4 pm	3 pm	2 pm
6 pm	5 pm	4 pm	3 pm