Zulu time conversion chart

Find the Zulu (UTC) hour on the left and read across for local time in each US time zone.

Shaded: the day before the Zulu date.

Daylight saving time

2nd Sunday in March to 1st Sunday in November

Zulu	Eastern EDT · UTC−4	Central CDT · UTC−5	Mountain MDT · UTC−6	Pacific PDT · UTC−7	Alaska AKDT · UTC−8	Hawaii HST · UTC−10
00:00Z	20:00 8 PM	19:00 7 PM	18:00 6 PM	17:00 5 PM	16:00 4 PM	14:00 2 PM
01:00Z	21:00 9 PM	20:00 8 PM	19:00 7 PM	18:00 6 PM	17:00 5 PM	15:00 3 PM
02:00Z	22:00 10 PM	21:00 9 PM	20:00 8 PM	19:00 7 PM	18:00 6 PM	16:00 4 PM
03:00Z	23:00 11 PM	22:00 10 PM	21:00 9 PM	20:00 8 PM	19:00 7 PM	17:00 5 PM
04:00Z	00:00 12 AM	23:00 11 PM	22:00 10 PM	21:00 9 PM	20:00 8 PM	18:00 6 PM
05:00Z	01:00 1 AM	00:00 12 AM	23:00 11 PM	22:00 10 PM	21:00 9 PM	19:00 7 PM
06:00Z	02:00 2 AM	01:00 1 AM	00:00 12 AM	23:00 11 PM	22:00 10 PM	20:00 8 PM
07:00Z	03:00 3 AM	02:00 2 AM	01:00 1 AM	00:00 12 AM	23:00 11 PM	21:00 9 PM
08:00Z	04:00 4 AM	03:00 3 AM	02:00 2 AM	01:00 1 AM	00:00 12 AM	22:00 10 PM
09:00Z	05:00 5 AM	04:00 4 AM	03:00 3 AM	02:00 2 AM	01:00 1 AM	23:00 11 PM
10:00Z	06:00 6 AM	05:00 5 AM	04:00 4 AM	03:00 3 AM	02:00 2 AM	00:00 12 AM
11:00Z	07:00 7 AM	06:00 6 AM	05:00 5 AM	04:00 4 AM	03:00 3 AM	01:00 1 AM
12:00Z	08:00 8 AM	07:00 7 AM	06:00 6 AM	05:00 5 AM	04:00 4 AM	02:00 2 AM
13:00Z	09:00 9 AM	08:00 8 AM	07:00 7 AM	06:00 6 AM	05:00 5 AM	03:00 3 AM
14:00Z	10:00 10 AM	09:00 9 AM	08:00 8 AM	07:00 7 AM	06:00 6 AM	04:00 4 AM
15:00Z	11:00 11 AM	10:00 10 AM	09:00 9 AM	08:00 8 AM	07:00 7 AM	05:00 5 AM
16:00Z	12:00 12 PM	11:00 11 AM	10:00 10 AM	09:00 9 AM	08:00 8 AM	06:00 6 AM
17:00Z	13:00 1 PM	12:00 12 PM	11:00 11 AM	10:00 10 AM	09:00 9 AM	07:00 7 AM
18:00Z	14:00 2 PM	13:00 1 PM	12:00 12 PM	11:00 11 AM	10:00 10 AM	08:00 8 AM
19:00Z	15:00 3 PM	14:00 2 PM	13:00 1 PM	12:00 12 PM	11:00 11 AM	09:00 9 AM
20:00Z	16:00 4 PM	15:00 3 PM	14:00 2 PM	13:00 1 PM	12:00 12 PM	10:00 10 AM
21:00Z	17:00 5 PM	16:00 4 PM	15:00 3 PM	14:00 2 PM	13:00 1 PM	11:00 11 AM
22:00Z	18:00 6 PM	17:00 5 PM	16:00 4 PM	15:00 3 PM	14:00 2 PM	12:00 12 PM
23:00Z	19:00 7 PM	18:00 6 PM	17:00 5 PM	16:00 4 PM	15:00 3 PM	13:00 1 PM

Standard time

1st Sunday in November to 2nd Sunday in March

Zulu	Eastern EST · UTC−5	Central CST · UTC−6	Mountain MST · UTC−7	Pacific PST · UTC−8	Alaska AKST · UTC−9	Hawaii HST · UTC−10
00:00Z	19:00 7 PM	18:00 6 PM	17:00 5 PM	16:00 4 PM	15:00 3 PM	14:00 2 PM
01:00Z	20:00 8 PM	19:00 7 PM	18:00 6 PM	17:00 5 PM	16:00 4 PM	15:00 3 PM
02:00Z	21:00 9 PM	20:00 8 PM	19:00 7 PM	18:00 6 PM	17:00 5 PM	16:00 4 PM
03:00Z	22:00 10 PM	21:00 9 PM	20:00 8 PM	19:00 7 PM	18:00 6 PM	17:00 5 PM
04:00Z	23:00 11 PM	22:00 10 PM	21:00 9 PM	20:00 8 PM	19:00 7 PM	18:00 6 PM
05:00Z	00:00 12 AM	23:00 11 PM	22:00 10 PM	21:00 9 PM	20:00 8 PM	19:00 7 PM
06:00Z	01:00 1 AM	00:00 12 AM	23:00 11 PM	22:00 10 PM	21:00 9 PM	20:00 8 PM
07:00Z	02:00 2 AM	01:00 1 AM	00:00 12 AM	23:00 11 PM	22:00 10 PM	21:00 9 PM
08:00Z	03:00 3 AM	02:00 2 AM	01:00 1 AM	00:00 12 AM	23:00 11 PM	22:00 10 PM
09:00Z	04:00 4 AM	03:00 3 AM	02:00 2 AM	01:00 1 AM	00:00 12 AM	23:00 11 PM
10:00Z	05:00 5 AM	04:00 4 AM	03:00 3 AM	02:00 2 AM	01:00 1 AM	00:00 12 AM
11:00Z	06:00 6 AM	05:00 5 AM	04:00 4 AM	03:00 3 AM	02:00 2 AM	01:00 1 AM
12:00Z	07:00 7 AM	06:00 6 AM	05:00 5 AM	04:00 4 AM	03:00 3 AM	02:00 2 AM
13:00Z	08:00 8 AM	07:00 7 AM	06:00 6 AM	05:00 5 AM	04:00 4 AM	03:00 3 AM
14:00Z	09:00 9 AM	08:00 8 AM	07:00 7 AM	06:00 6 AM	05:00 5 AM	04:00 4 AM
15:00Z	10:00 10 AM	09:00 9 AM	08:00 8 AM	07:00 7 AM	06:00 6 AM	05:00 5 AM
16:00Z	11:00 11 AM	10:00 10 AM	09:00 9 AM	08:00 8 AM	07:00 7 AM	06:00 6 AM
17:00Z	12:00 12 PM	11:00 11 AM	10:00 10 AM	09:00 9 AM	08:00 8 AM	07:00 7 AM
18:00Z	13:00 1 PM	12:00 12 PM	11:00 11 AM	10:00 10 AM	09:00 9 AM	08:00 8 AM
19:00Z	14:00 2 PM	13:00 1 PM	12:00 12 PM	11:00 11 AM	10:00 10 AM	09:00 9 AM
20:00Z	15:00 3 PM	14:00 2 PM	13:00 1 PM	12:00 12 PM	11:00 11 AM	10:00 10 AM
21:00Z	16:00 4 PM	15:00 3 PM	14:00 2 PM	13:00 1 PM	12:00 12 PM	11:00 11 AM
22:00Z	17:00 5 PM	16:00 4 PM	15:00 3 PM	14:00 2 PM	13:00 1 PM	12:00 12 PM
23:00Z	18:00 6 PM	17:00 5 PM	16:00 4 PM	15:00 3 PM	14:00 2 PM	13:00 1 PM

Arizona (except the Navajo Nation) and Hawaii do not observe daylight saving time: Arizona keeps MST (UTC−7) and Hawaii HST (UTC−10) all year.

Daylight saving time starts at 2 a.m. local time on the second Sunday in March and ends at 2 a.m. on the first Sunday in November (15 U.S.C. 260a).

To get Zulu from standard time, add 5 hours to Eastern, 6 Central, 7 Mountain, 8 Pacific, 9 Alaska, 10 Hawaii; in daylight time, 1 hour less (FAA AIM 4-2-12).