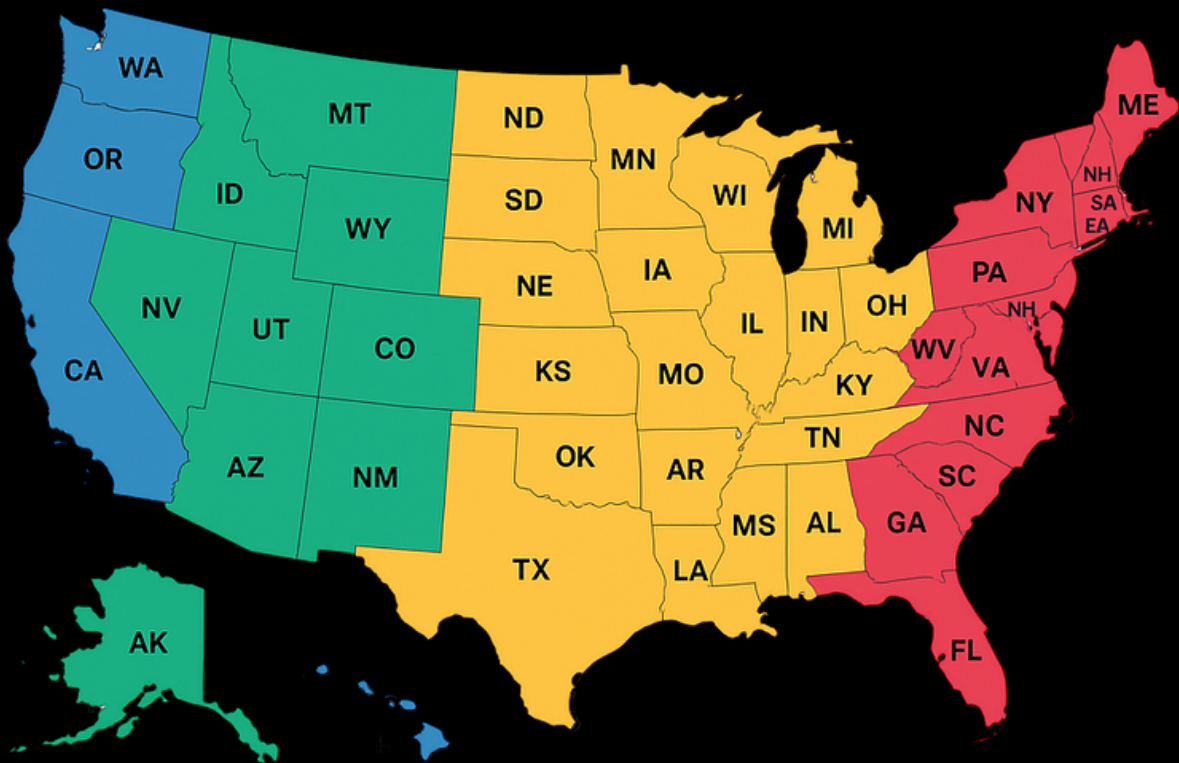


TIMEZONES



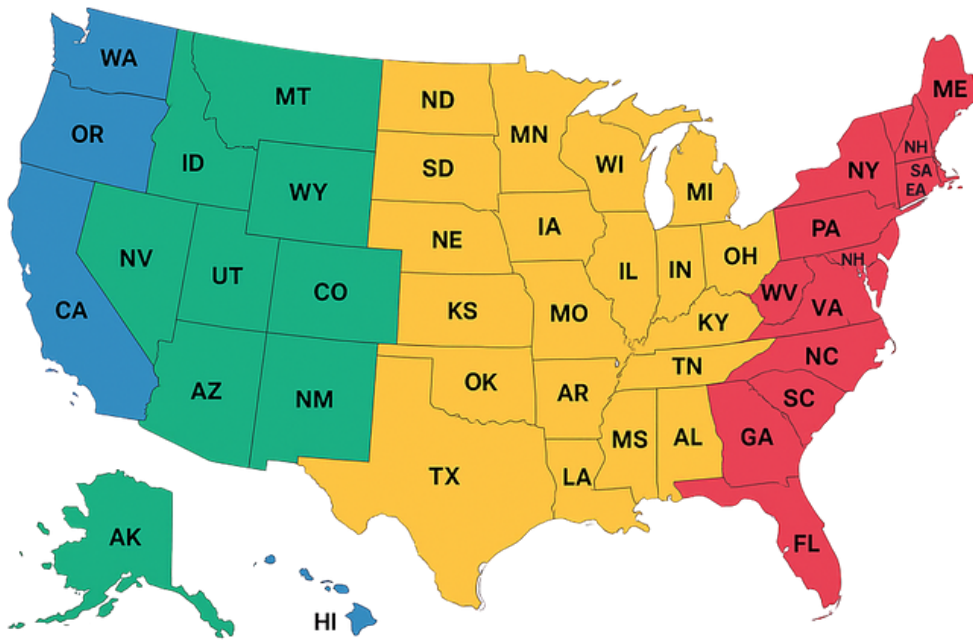
PT

CT

MT

ET

WHAT TIME IS IT IN?



PT

CT

MT

ET

Quick Reference by State

- Eastern (ET) – DC, VA, MD, FL, GA, NC, SC, NY, PA, NJ, MA, OH, MI
- Central (CT) – TX, IL, WI, MN, LA, AL, TN, AR, OK, IA, MS
- Mountain (MT) – CO, NM, AZ*, UT, WY, MT, ID (south), ND (west)
- Pacific (PT) – CA, NV, OR, WA
- Alaska (AKDT) – 4 hours behind ET
- Hawaii (HST) – 5 hours behind ET



U.S. TIME ZONE CONVERSION CHART

Eastern Time	Central Time	Mountain Time	Pacific Time
8:00 AM	7:00 AM	6:00 AM	5:00 AM
9:00 AM	8:00 AM	7:00 AM	6:00 AM
10:00 AM	9:00 AM	8:00 AM	7:00 AM
11:00 AM	10:00 AM	9:00 AM	8:00 AM
12:00 PM	11:00 AM	10:00 AM	9:00 AM
1:00 PM	12:00 PM	11:00 AM	10:00 AM
2:00 PM	1:00 PM	12:00 PM	11:00 AM
3:00 PM	2:00 PM	1:00 PM	12:00 PM
4:00 PM	3:00 PM	2:00 PM	1:00 PM
5:00 PM	4:00 PM	3:00 PM	2:00 PM
6:00 PM	5:00 PM	4:00 PM	3:00 PM
7:00 PM	6:00 PM	5:00 PM	4:00 PM
8:00 PM	7:00 PM	6:00 PM	5:00 PM
9:00 PM	8:00 PM	7:00 PM	6:00 PM
10:00 PM	9:00 PM	8:00 PM	7:00 PM

