

AUSTRALIA TIMEZONE CONVERSION

Non Daylight Savings		
AEST	ACST	AWST
12:00 AM	11:30 PM	10:00 PM
01:00 AM	12:30 AM	11:00 PM
02:00 AM	01:30 AM	12:00 AM
03:00 AM	02:30 AM	01:00 AM
04:00 AM	03:30 AM	02:00 AM
05:00 AM	04:30 AM	03:00 AM
06:00 AM	05:30 AM	04:00 AM
07:00 AM	06:30 AM	05:00 AM
08:00 AM	07:30 AM	06:00 AM
09:00 AM	08:30 AM	07:00 AM
10:00 AM	09:30 AM	08:00 AM
11:00 AM	10:30 AM	09:00 AM
12:00 PM	11:30 AM	10:00 AM
01:00 PM	12:30 PM	11:00 AM
02:00 PM	01:30 PM	12:00 PM
03:00 PM	02:30 PM	01:00 PM
04:00 PM	03:30 PM	02:00 PM
05:00 PM	04:30 PM	03:00 PM
06:00 PM	05:30 PM	04:00 PM
07:00 PM	06:30 PM	05:00 PM
08:00 PM	07:30 PM	06:00 PM
09:00 PM	08:30 PM	07:00 PM
10:00 PM	09:30 PM	08:00 PM
11:00 PM	10:30 PM	09:00 PM

Daylight Savings			
AEST	AEDT	ACDT	AWST
12:00 AM	01:00 AM	12:30 AM	10:00 PM
01:00 AM	02:00 AM	01:30 AM	11:00 PM
02:00 AM	03:00 AM	02:30 AM	12:00 AM
03:00 AM	04:00 AM	03:30 AM	01:00 AM
04:00 AM	05:00 AM	04:30 AM	02:00 AM
05:00 AM	06:00 AM	05:30 AM	03:00 AM
06:00 AM	07:00 AM	06:30 AM	04:00 AM
07:00 AM	08:00 AM	07:30 AM	05:00 AM
08:00 AM	09:00 AM	08:30 AM	06:00 AM
09:00 AM	10:00 AM	09:30 AM	07:00 AM
10:00 AM	11:00 AM	10:30 AM	08:00 AM
11:00 AM	12:00 PM	11:30 AM	09:00 AM
12:00 PM	01:00 PM	12:30 PM	10:00 AM
01:00 PM	02:00 PM	01:30 PM	11:00 AM
02:00 PM	03:00 PM	02:30 PM	12:00 PM
03:00 PM	04:00 PM	03:30 PM	01:00 PM
04:00 PM	05:00 PM	04:30 PM	02:00 PM
05:00 PM	06:00 PM	05:30 PM	03:00 PM
06:00 PM	07:00 PM	06:30 PM	04:00 PM
07:00 PM	08:00 PM	07:30 PM	05:00 PM
08:00 PM	09:00 PM	08:30 PM	06:00 PM
09:00 PM	10:00 PM	09:30 PM	07:00 PM
10:00 PM	11:00 PM	10:30 PM	08:00 PM
11:00 PM	12:00 AM	11:30 PM	09:00 PM

Australia Daylight savings begins on the first Sunday of October and ends on the Last Sunday in March.

NEW ZEALAND TIMEZONE

NZ Standard Time		
DAY	AEST	NZST
Same Day	12:00 AM	02:00 AM
Same Day	01:00 AM	03:00 AM
Same Day	02:00 AM	04:00 AM
Same Day	03:00 AM	05:00 AM
Same Day	04:00 AM	06:00 AM
Same Day	05:00 AM	07:00 AM
Same Day	06:00 AM	08:00 AM
Same Day	07:00 AM	09:00 AM
Same Day	08:00 AM	10:00 AM
Same Day	09:00 AM	11:00 AM
Same Day	10:00 AM	12:00 PM
Same Day	11:00 AM	01:00 PM
Same Day	12:00 PM	02:00 PM
Same Day	01:00 PM	03:00 PM
Same Day	02:00 PM	04:00 PM
Same Day	03:00 PM	05:00 PM
Same Day	04:00 PM	06:00 PM
Same Day	05:00 PM	07:00 PM
Same Day	06:00 PM	08:00 PM
Same Day	07:00 PM	09:00 PM
Same Day	08:00 PM	10:00 PM
Same Day	09:00 PM	11:00 PM
Next Day	10:00 PM	12:00 AM
Next Day	11:00 PM	01:00 AM

NZ Daylight Savings Time		
DAY	AEST	NZDT
Same Day	12:00 AM	03:00 AM
Same Day	01:00 AM	04:00 AM
Same Day	02:00 AM	05:00 AM
Same Day	03:00 AM	06:00 AM
Same Day	04:00 AM	07:00 AM
Same Day	05:00 AM	08:00 AM
Same Day	06:00 AM	09:00 AM
Same Day	07:00 AM	10:00 AM
Same Day	08:00 AM	11:00 AM
Same Day	09:00 AM	12:00 PM
Same Day	10:00 AM	01:00 PM
Same Day	11:00 AM	02:00 PM
Same Day	12:00 PM	03:00 PM
Same Day	01:00 PM	04:00 PM
Same Day	02:00 PM	05:00 PM
Same Day	03:00 PM	06:00 PM
Same Day	04:00 PM	07:00 PM
Same Day	05:00 PM	08:00 PM
Same Day	06:00 PM	09:00 PM
Same Day	07:00 PM	10:00 PM
Same Day	08:00 PM	11:00 PM
Next Day	09:00 PM	12:00 AM
Next Day	10:00 PM	01:00 AM
Next Day	11:00 PM	02:00 AM

New Zealand Daylight savings begins on the last Sunday of September and ends on the First Sunday in April.

UNITED KINGDOM & IRELAND TIMEZONE

British Summer Time		
DAY	AEST	BST
Previous Day	12:00 AM	03:00 PM
Previous Day	01:00 AM	04:00 PM
Previous Day	02:00 AM	05:00 PM
Previous Day	03:00 AM	06:00 PM
Previous Day	04:00 AM	07:00 PM
Previous Day	05:00 AM	08:00 PM
Previous Day	06:00 AM	09:00 PM
Previous Day	07:00 AM	10:00 PM
Previous Day	08:00 AM	11:00 PM
Same Day	09:00 AM	12:00 AM
Same Day	10:00 AM	01:00 AM
Same Day	11:00 AM	02:00 AM
Same Day	12:00 PM	03:00 AM
Same Day	01:00 PM	04:00 AM
Same Day	02:00 PM	05:00 AM
Same Day	03:00 PM	06:00 AM
Same Day	04:00 PM	07:00 AM
Same Day	05:00 PM	08:00 AM
Same Day	06:00 PM	09:00 AM
Same Day	07:00 PM	10:00 AM
Same Day	08:00 PM	11:00 AM
Same Day	09:00 PM	12:00 PM
Same Day	10:00 PM	01:00 PM
Same Day	11:00 PM	02:00 PM

Greenwich Mean Time		
DAY	AEST	GMT
Previous Day	12:00 AM	02:00 PM
Previous Day	01:00 AM	03:00 PM
Previous Day	02:00 AM	04:00 PM
Previous Day	03:00 AM	05:00 PM
Previous Day	04:00 AM	06:00 PM
Previous Day	05:00 AM	07:00 PM
Previous Day	06:00 AM	08:00 PM
Previous Day	07:00 AM	09:00 PM
Previous Day	08:00 AM	10:00 PM
Previous Day	09:00 AM	11:00 PM
Same Day	10:00 AM	12:00 AM
Same Day	11:00 AM	01:00 AM
Same Day	12:00 PM	02:00 AM
Same Day	01:00 PM	03:00 AM
Same Day	02:00 PM	04:00 AM
Same Day	03:00 PM	05:00 AM
Same Day	04:00 PM	06:00 AM
Same Day	05:00 PM	07:00 AM
Same Day	06:00 PM	08:00 AM
Same Day	07:00 PM	09:00 AM
Same Day	08:00 PM	10:00 AM
Same Day	09:00 PM	11:00 AM
Same Day	10:00 PM	12:00 PM
Same Day	11:00 PM	01:00 PM

British Summer Time begins last Sunday of March, and Ends on the last Sunday in October.

UNITED STATES OF AMERICA

US Standard Time						
AEST	EST	CST	MST	PST	AST	HAST
12:00 AM	09:00 AM	08:00 AM	07:00 AM	06:00 AM	05:00 AM	03:00 AM
01:00 AM	10:00 AM	09:00 AM	08:00 AM	07:00 AM	06:00 AM	04:00 AM
02:00 AM	11:00 AM	10:00 AM	09:00 AM	08:00 AM	07:00 AM	05:00 AM
03:00 AM	12:00 PM	11:00 PM	10:00 AM	09:00 AM	08:00 AM	06:00 AM
04:00 AM	01:00 PM	12:00 PM	11:00 AM	10:00 AM	09:00 AM	07:00 AM
05:00 AM	02:00 PM	01:00 PM	12:00 PM	11:00 AM	10:00 AM	08:00 AM
06:00 AM	03:00 PM	02:00 PM	01:00 PM	12:00 PM	11:00 AM	09:00 AM
07:00 AM	04:00 PM	03:00 PM	02:00 PM	01:00 PM	12:00 PM	10:00 AM
08:00 AM	05:00 PM	04:00 PM	03:00 PM	02:00 PM	01:00 PM	11:00 AM
09:00 AM	06:00 PM	05:00 PM	04:00 PM	03:00 PM	02:00 PM	12:00 PM
10:00 AM	07:00 PM	06:00 PM	05:00 PM	04:00 PM	03:00 PM	01:00 PM
11:00 AM	08:00 PM	07:00 PM	06:00 PM	05:00 PM	04:00 PM	02:00 PM
12:00 PM	09:00 PM	08:00 PM	07:00 PM	06:00 PM	05:00 PM	03:00 PM
01:00 PM	10:00 PM	09:00 PM	08:00 PM	07:00 PM	06:00 PM	04:00 PM
02:00 PM	11:00 PM	10:00 PM	09:00 PM	08:00 PM	07:00 PM	05:00 PM
03:00 PM	12:00 AM	11:00 PM	10:00 PM	09:00 PM	08:00 PM	06:00 PM
04:00 PM	01:00 AM	12:00 AM	11:00 PM	10:00 PM	09:00 PM	07:00 PM
05:00 PM	02:00 AM	01:00 AM	12:00 AM	11:00 PM	10:00 PM	08:00 PM
06:00 PM	03:00 AM	02:00 AM	01:00 AM	12:00 AM	11:00 PM	09:00 PM
07:00 PM	04:00 AM	03:00 AM	02:00 AM	01:00 AM	12:00 AM	10:00 PM
08:00 PM	05:00 AM	04:00 AM	03:00 AM	02:00 AM	01:00 AM	11:00 PM
09:00 PM	06:00 AM	05:00 AM	04:00 AM	03:00 AM	02:00 AM	12:00 AM
10:00 PM	07:00 AM	06:00 AM	05:00 AM	04:00 AM	03:00 AM	01:00 AM
11:00 PM	08:00 AM	07:00 AM	06:00 AM	05:00 AM	04:00 AM	02:00 AM

US Summer Time begins second Sunday of March, and Ends on the first Sunday in November.
 All Times in RED denote previous day.

UNITED STATES OF AMERICA

US Daylight Savings						
AEST	EDT	CDT	MST	PDT	ADT	HAST
12:00 AM	10:00 AM	09:00 AM	08:00 AM	07:00 AM	06:00 AM	04:00 AM
01:00 AM	11:00 AM	10:00 AM	09:00 AM	08:00 AM	07:00 AM	05:00 AM
02:00 AM	12:00 PM	11:00 AM	10:00 AM	09:00 AM	08:00 AM	06:00 AM
03:00 AM	01:00 PM	12:00 PM	11:00 AM	10:00 AM	09:00 AM	07:00 AM
04:00 AM	02:00 PM	01:00 PM	12:00 PM	11:00 AM	10:00 AM	08:00 AM
05:00 AM	03:00 PM	02:00 PM	01:00 PM	12:00 PM	11:00 AM	09:00 AM
06:00 AM	04:00 PM	03:00 PM	02:00 PM	01:00 PM	12:00 PM	10:00 AM
07:00 AM	05:00 PM	04:00 PM	03:00 PM	02:00 PM	01:00 PM	11:00 AM
08:00 AM	06:00 PM	05:00 PM	04:00 PM	03:00 PM	02:00 PM	12:00 PM
09:00 AM	07:00 PM	06:00 PM	05:00 PM	04:00 PM	03:00 PM	01:00 PM
10:00 AM	08:00 PM	07:00 PM	06:00 PM	05:00 PM	04:00 PM	02:00 PM
11:00 AM	09:00 PM	08:00 PM	07:00 PM	06:00 PM	05:00 PM	03:00 PM
12:00 PM	10:00 PM	09:00 PM	08:00 PM	07:00 PM	06:00 PM	04:00 PM
01:00 PM	11:00 PM	10:00 PM	09:00 PM	08:00 PM	07:00 PM	05:00 PM
02:00 PM	12:00 AM	11:00 PM	10:00 PM	09:00 PM	08:00 PM	06:00 PM
03:00 PM	01:00 AM	12:00 AM	11:00 PM	10:00 PM	09:00 PM	07:00 PM
04:00 PM	02:00 AM	01:00 AM	12:00 AM	11:00 PM	10:00 PM	08:00 PM
05:00 PM	03:00 AM	02:00 AM	01:00 AM	12:00 AM	11:00 PM	09:00 PM
06:00 PM	04:00 AM	03:00 AM	02:00 AM	01:00 AM	12:00 AM	10:00 PM
07:00 PM	05:00 AM	04:00 AM	03:00 AM	02:00 AM	01:00 AM	11:00 PM
08:00 PM	06:00 AM	05:00 AM	04:00 AM	03:00 AM	02:00 AM	12:00 AM
09:00 PM	07:00 AM	06:00 AM	05:00 AM	04:00 AM	03:00 AM	01:00 AM
10:00 PM	08:00 AM	07:00 AM	06:00 AM	05:00 AM	04:00 AM	02:00 AM
11:00 PM	09:00 AM	08:00 AM	07:00 AM	06:00 AM	05:00 AM	03:00 AM

US Summer Time begins second Sunday of March, and Ends on the first Sunday in November.
 All Times in RED denote previous day.