Goldsmith Global Online Tape Group Time Zone Conversion Table Spring 2026	Mar. 14 (15) 2nd Saturday 6:00 PM PDT	Mar. 21 3rd Saturday 8:00 AM PDT	Mar. 28 (29) 4th Saturday 6:00 PM PDT	Apr. 4 1st Saturday 8:00 AM PDT	Apr. 11(12) 2nd Saturday 6:00 PM PDT
Region / Time Zone / Selected Cities	AM/PM format	AM/PM format	AM/PM format	AM/PM format	AM/PM format
Hawaii	3:00 PM	5:00 AM	3:00 PM	5:00 AM	3:00 PM
North America					
Pacific: San Francisco, Los Angeles, Seattle	6:00 PM	8:00 AM	6:00 PM	8:00 AM	6:00 PM
Arizona: Phoenix	6:00 PM	8:00 AM	6:00 PM	8:00 AM	6:00 PM
Mountain: Denver, Alberta	7:00 PM	9:00 AM	7:00 PM	9:00 AM	7:00 PM
Central: Chicago, Dallas, Detroit	8:00 PM	10:00 AM	8:00 PM	10:00 AM	8:00 PM
Eastern: Boston, New York, Miami, Toronto	9:00 PM	11:00 AM	9:00 PM	11:00 AM	9:00 PM
Region / Time Zone / Selected Cities	24-hour format	24-hour format	24-hour format	24-hour format	24-hour format
Central America					
Central: Mexico City	19:00	9:00	19:00	9:00	19:00
South America					
Argentina: Buenos Aires	22:00	12:00	22:00	12:00	22:00
Brazil: Sao Paulo	22:00	12:00	22:00	12:00	22:00
Europe					
GMT: London, Dublin	01:00 (Sunday)	15:00	02:00 (Sunday)	16:00	02:00 (Sunday)
CET: Paris, Hamburg, Frankfurt, Berlin	02:00 (Sunday)	16:00	03:00 (Sunday)	17:00	03:00 (Sunday)
EET: Athens, Istanbul	03:00 (Sunday)	17:00	04:00 (Sunday)	18:00	04:00 (Sunday)
MSK: Moscow	04:00 (Sunday)	18:00	04:00 (Sunday)	18:00	04:00 (Sunday)
Middle East & Africa					
West Africa: Ghana	01:00 (Sunday)	15:00	01:00 (Sunday)	15:00	01:00 (Sunday)
South Africa: Johannesburg	03:00 (Sunday)	17:00	03:00 (Sunday)	17:00	03:00 (Sunday)
Middle East: Abu Dhabi, Dubai	05:00 (Sunday)	19:00	05:00 (Sunday)	19:00	05:00 (Sunday)
Asia – India, China, Japan					
IST: New Delhi, Mumbai, Bangalore	06:30 (Sunday)	20:30	06:30 (Sunday)	20:30	06:30 (Sunday)
WIB: Jakarta	08:00 (Sunday)	22:00	08:00 (Sunday)	22:00	08:00 (Sunday)
MPST: Manila	09:00 (Sunday)	23:00	09:00 (Sunday)	23:00	09:00 (Sunday)
SGT: Singapore	09:00 (Sunday)	23:00	09:00 (Sunday)	23:00	09:00 (Sunday)
CST: Beijing, Hong Kong, Shanghai	09:00 (Sunday)	23:00	09:00 (Sunday)	23:00	09:00 (Sunday)
CST: Taipei	09:00 (Sunday)	23:00	09:00 (Sunday)	23:00	09:00 (Sunday)
JST: Tokyo	10:00 (Sunday)	00:00 (Sunday)	10:00 (Sunday)	00:00 (Sunday)	10:00 (Sunday)
Australia/New Zealand					
WST: Perth	09:00 (Sunday)	23:00	09:00 (Sunday)	23:00	09:00 (Sunday)
AAT: Adelaide	11:30 (Sunday)	01:30 (Sunday)	11:30 (Sunday)	01:30 (Sunday)	10:30 (Sunday)
EDT: Sydney, Melbourne	12:00 (Sunday)	02:00 (Sunday)	12:00 (Sunday)	02:00 (Sunday)	11:00 (Sunday)
EST: Brisbane	11:00 (Sunday)	01:00 (Sunday)	11:00 (Sunday)	01:00 (Sunday)	11:00 (Sunday)
NZ: Auckland, Christchurch, Wellington	14:00 (Sunday)	04:00 (Sunday)	14:00 (Sunday)	03:00 (Sunday)	13:00 (Sunday)