

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